

**Manistee Friendship Society – February 2024 Activity Calendar**  
 Please call 231-398-0434 or 231-655-3278 for more information  
 50 Filer Street Suite 316, Manistee Mi. 49660 (3<sup>rd</sup> floor)

Visit our website, [manisteefriendshipsociety.org](http://manisteefriendshipsociety.org), or “like” our Facebook page to get more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MFS Pantry Week 				1 10am-11am-SMART Recovery	2 10am-11am Anger Management  12:30pm-1:30pm Fresh Food Bingo	3 CLOSED
4 CLOSED	5 10am-11am-SMART Recovery  12:30pm-1:30pm: Pathways to Recovery	6 CLOSED  Staff training & winter cleaning	7 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)	8 10am-11am-SMART Recovery  1:00pm-2:00pm-DBT Skills ADVANCED Beginners & Class	9 CLOSED  Staff training & winter cleaning	10 CLOSED
11 CLOSED	12 10am-11am-SMART Recovery  12:30pm-1:30pm: Pathways to Recovery	13 10am-11am-SMART Recovery Family & Friends  11am-12pm: LGBTQ+ Support Group 1:00pm-2:00pm- Beginners DBT Class	14 Valentines Day Party Luncheon, Valentine's Day Crafts and Sundae Bar! (Dream catchers, wood chimes, and suncatchers)	15 10am-11am-SMART Recovery  1:00pm-2:00pm- DBT Skills ADVANCED Class	16 10am-11:30am Let's Flow w/ Connie Sawtelle  Arts & Crafts 12:30pm-1:30pm	17  10am-12pm Creative Arts Bible Study
18 CLOSED  MFS Pantry Week 	19 CLOSED  Presidents Day	20 10am-11am-SMART Recovery Family & Friends  11am-12pm: LGBTQ+ Support Group	21 Massage Healing (Please call to make an appointment)  12:30pm-1:30pm Healthy Cooking Class	22 10am-11am-SMART Recovery  1:00pm-2:00pm-DBT Skills ADVANCED & Beginners Class	23 10am-11am Anger Management  Arts & Crafts 12:30pm-1:30pm	24  10am-12pm Creative Arts Bible Study
25 CLOSED	26 10am-11am-SMART Recovery  12:30pm-1:30pm: Pathways to Recovery	27 9am-10am: Board Meeting  10am-11am-SMART Recovery Family & Friends  11am-12pm: LGBTQ+ Support Group  1:00pm-2:00pm- Beginners & Advanced DBT Skills Group	28 Feeding America Mobile Food Bank 11am, located @ 1201 Lakeshore Rd. Manistee. (First Baptist Church) Drive thru only. You may pick up for someone as a proxy.	29  10am-11am-SMART Recovery		

*Lunch served weekdays  
@ noon unless otherwise noted.*

PEER SUPPORT, SOCIALIZING,  
FOOD/ PERSONAL CARE ITEM  
PANTRY, COMPUTER LAB & GYM  
AVAILABLE MONDAY-FRIDAY  
9:30AM-3PM!!

*If schools are closed due to bad weather, please call the center to see if we are open or not. If no answer, we are closed.*

♥ **Mondays: Morning:** SMART Recovery is for anyone struggling with any type of addiction. Recovery from addictions is difficult, but it isn't impossible. The recovery process can be made easier by connecting with support groups that offer a safe, supportive, nonjudgmental environment. This will be a science-based approach, **not** a 12-step program. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

**Afternoon:** Pathways to Recovery puts the process of setting goals and creating personal recovery plans into a self-guided format. It does not concentrate on psychiatric symptoms, treatments or disorders. Instead, it guides participants through a process of exploring their own recovery journey while creating a long-range vision for their lives. It guides individuals to explore their current lives and set goals across ten life domains that include creating a home, learning, working, nurturing a social circle, intimacy and sexuality, wellness, leisure and spirituality. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS, or Carolyn Pifer CHW, CPSS.

♥ **Tuesdays: Morning:** SMART Recovery Family & Friends: Are you looking for resources to help you support someone struggling with addiction? Is someone else's addiction negatively affecting you? Perhaps you are seeking an alternative to tough love? We provide effective, easy to learn tools to help both you and you loved one. Join us and meet others who have an understanding of what you're going through. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

**Afternoon:** LGBTQ+ Support Group: Join us in an open, safe and friendly environment to simply be yourself. It is a safe place for making connections, healing, processing and resources. Facilitated by Sabrina Ceresia CPSS.

**Afternoon:** Beginners Skills Class- Based on DBT skills: Learn skills to increase focus, self-awareness & self-acceptance, cope with tense emotions & manage stress, reduce impulsive/destructive behaviors, and improve potential for healthy/successful relationships. Facilitated by Carolyn Pifer CHW, CPSS.

♥ **Wednesdays:** Activities vary, see calendar on other side.

**Thursdays: Morning:** SMART Recovery is for anyone struggling with any type of addiction. Recovery from addictions is difficult, but it isn't impossible. The recovery process can be made easier by connecting with support groups that offer a safe, supportive, nonjudgmental environment. This will be a science-based approach, **not** a 12-step program. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.

**Afternoon:** DBT Advanced Skills Group: Focuses on mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. Call for more information. Facilitated by Carolyn Pifer CHW, CPSS.

♥ **Fridays: Morning:** Anger Management: Learn effective communication skills, stress management tools, forgiveness skills and so much more! For every minute you are angry, you lose 60 seconds of happiness. Facilitated by Sabrina Ceresia CPSS.

If you are homeless and need assistance,  
please call NMCAA @ 1-844-900-0500.

MFS staff are in the office for drop-in  
services Monday-Friday from 9:30am-3pm

Staff are available Monday-Friday before  
9:30am and after 3pm by appointment only.  
Call 231-655-3278 if calling after 3pm.