

# Manistee Friendship Society –September 2025 Activity Calendar

Please call 231-398-0434 for more information

50 Filer Street Suite 316, Manistee Mi. 49660 (3<sup>rd</sup> floor)

Visit our website, manisteefriendshipsociety.org, or “like” our Facebook page to get more info!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>CLOSED</b>	2 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  11am-12pm- Walking Club  1pm-2pm- Arts & Crafts	3 Suds Your Duds Laundry Program- MFS Members Only. <b>(Please call to make an appointment)</b>	4 <u>Drop-in hours: 9:30am-3pm</u> 10:00am: Feeding America On- Site Pantry Support: <b>Volunteers Needed.</b>  10am-11am-SMART Recovery	5 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: The Reflective Space Journaling Group	6 <b>CLOSED</b>
7 <b>CLOSED</b>	8 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	9 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  11:15am-12:15pm: Healthy Cooking Class – Cowboy Salsa <b>(Please call to sign up)</b>	10  10am-2pm Beach Day Cookout @ 5 <sup>th</sup> Ave. Beach Celebrate Recovery Birthday Celebrations! 	11 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  11am-12pm- Walking Club  12:30pm-1:30pm- DBT Skills Group	12 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: The Reflective Space Journaling Group <b>Free Haircut Day</b> <b>(Please call to make an appointment)</b>	13 <b>CLOSED</b>
14 <b>CLOSED</b>	15 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	16 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  10:30am-12:30pm- Swimming @ Paine Aquatic Center <b>(Please call to sign up)</b>	17 <u>Drop-in hours: 9:30am-3pm</u> 10:30am-11:30am: Healthy Cooking Class – Chopped Salad <b>(Please call to sign up)</b> 11:30am-12:30pm- Walking Club 1pm-2pm: NAMI: Family Support Group 4pm-7pm: Suicide Awareness Event located @ the Wagoner Community Center (Senior Center)	18 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:15pm-2pm- Bowling @ Striketown <b>(Please call to sign up)</b>	19 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: The Reflective Space Journaling Group	20 <b>CLOSED</b> <b>PANTRY</b> <b>WEEK</b> 
21 <b>CLOSED</b>	22 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	23 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  11:15am-12:15pm: Healthy Cooking Class – Fruit Salsa <b>(Please call to sign up)</b>	24 Feeding America Mobile Food Bank 11am, located @ 1201 Lakeshore Rd. Manistee. (Lakeshore Church) Drive thru only. You may pick up for someone as a proxy.	25 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group  1pm-2pm: Consumer Council Meeting CWN	26 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: The Reflective Space Journaling Group	27 <b>CLOSED</b>
28 <b>CLOSED</b>	29 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	30 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  12:30pm-2pm: QPR- Suicide Prevention Training <b>(Please call to register)</b>				

Peer support, socializing, and access  
to the computer lab and gym are  
available Monday through Friday  
from 9:30 AM to 3 PM. Just drop in!

Lunch is served on weekdays @ noon unless otherwise noted.

- ♥ **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 is a science-based approach, **not** a 12-step program. 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 Jessica Kaminski.
- ♥ **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 you and your 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.
- ♥ **Wednesdays:** The NAMI Family Support Group is a peer-led, free, and confidential support group designed for adults who have a loved one experiencing symptoms of a mental health condition. It provides a safe space for participants to share their experiences, gain hope, and build supportive relationships with others in similar situations. In this group, you can expect to learn from the experiences of others, discover your inner strength, and empower yourself. By participating, you will develop better coping skills, find a sense of community, and discover the strength that comes from sharing your experiences. The groups are led by family members of individuals with mental health conditions, ensuring that participants receive support from those who truly understand their challenges. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.
- ♥ **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 Skills Group: This group focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Call for more information. Facilitated by Sabrina Ceresia 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 Jessica Kaminski.  
**Afternoon:** The Reflective Space Journaling Group: There is no right or wrong way to journal but sometimes you need a little inspiration to get started. Join us for this fun and interactive group. Journal and supplies are provided but if you have a special journal, we encourage you to bring it with you. Facilitated by Jessica Kaminski.



Staff are available for peer support by appointment, Monday to Friday, from 8:30 AM to 4:30 PM. Please call 231-398-0434 to schedule an appointment.

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

There is *hope*,  
even when your  
brain tells you  
there isn't.