



Manistee Friendship Society

MENTAL HEALTH DROP-IN CENTER



231-398-0434 | 50 Filer Street, Suite 316, Manistee, MI 49660 (3rd floor)

manisteefriendshipsociety.org • Find and "like" us on Facebook!

September

2026

You Are Not Alone



Support is here
when you need it.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery Family & Friends 11am-12pm: Rock Painting with Kirsten 12:30pm-1:30pm: Mindful Miles Walking Group	2 CLOSED Suds Your Duds Laundry Program—MFS Members Only. (Please call for an appointment)	3 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 11am: Sound Bath (Please call to sign up) 1pm-2pm: DBT Skills Group	4 Drop-In hours: 9:30am-3pm 10am-11am: Anger Management 12:30pm-1:30pm: Mindful Readers (Book Club)	5 CLOSED
6 CLOSED	7 CLOSED: Labor Day	8 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery Family & Friends 11am-12pm: Rock Painting with Kirsten Massage Healing Day Please call to sign up	9 Drop-In hours: 9:30am-3pm 11am-12pm: NAMI Family Support Group 10am-1pm: Drop-in Arts & Crafts 4pm-7pm Suicide Awareness & Prevention Event @ Wagoner Community Center	10 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 1pm-2pm: DBT Skills Group	11 Drop-In hours: 9:30am-3pm 10am-11am: Anger Management 12:30pm-1:30pm: Mindful Readers (Book Club)	12 CLOSED
13 CLOSED	14 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 12:30pm-1:30pm: Workout with Sabrina 1pm-2pm: LGBTQ+ Support Group	15 10am-11am: SMART Recovery Family & Friends 11am-12pm: Rock Painting with Kirsten Massage Healing Day Please call to sign up	16 Drop-In hours: 9:30am-3pm CLOSED 10am-2pm Celebrate Recovery Beach Cookout @ 5th Avenue Beach Meet at beach; food provided.	17 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 1pm-2pm: DBT Skills Group	18 Drop-In hours: 9:30am-3pm 10am-11am: Anger Management 1pm-1:45pm: Laughing Yoga Come laugh and do yoga w/ Kerry	19 CLOSED PANTRY WEEK
20 CLOSED	21 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 12:30pm-1:30pm: Workout with Kacey	22 Drop-In hours: 9:30am-3pm 9am-10am: Board Meeting 10am-11am: SMART Recovery Family & Friends 11am: ODC Network—Up Close & Wild Animal Exhibit Please call to sign up	23 CLOSED Walk a Mile in My Shoes Event in Lansing, MI (Please call to sign up)	24 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 1pm-2pm: DBT Skills Group	25 Drop-In hours: 9:30am-3pm 10am-11am: Anger Management 12:30pm-1:30pm: Mindful Readers (Book Club)	26 CLOSED 9am: ECHO Homeless Awareness Walk 525 Michael St., Manistee
27 CLOSED	28 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery (Addiction Support) 12:30pm-1:30pm: Workout with Kacey	29 Drop-In hours: 9:30am-3pm 10am-11am: SMART Recovery Family & Friends 11am-12pm: Rock Painting with Kirsten 12:30pm-1:30pm: Mindful Miles	30 CLOSED Feeding America Mobile Food Bank 11am • Lakeshore Church 1201 Lakeshore Rd., Manistee Drive-thru only; proxy pickup allowed.			



NEED SUPPORT? WE'RE HERE FOR YOU!

PEER SUPPORT BY APPOINTMENT

Monday-Friday | 8:30 AM-4:30 PM

DROP-IN HOURS

Monday-Friday | 9:30 AM-3:00 PM

A safe place to socialize, join activities,
or connect with a Peer Support Specialist.



Call 231-398-0434