



Manistee Friendship Society – November 2023 Activity Calendar

Please call 231-398-0434 or 231-655-3278 for more information

50 Filer Street Suite 320, 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
1			1 <b>Suds Your Duds Laundry Program-</b> MFS Members Only. <b>(Please call to make an appointment)</b>	2 <b>10am-11am-SMART Recovery</b> <b>1:00pm-2:00pm-DBT Skills ADVANCED Class</b>	3 <b>10am-11am</b> Anger Management <b>12:30pm-2:00pm:</b> Arts & Crafts	4 <b>CLOSED</b>
5 <b>CLOSED</b>	6 <b>10am-11am-SMART Recovery</b> <b>12:30pm-1:30pm:</b> Pathways to Recovery	7 <b>10am-11am-SMART Recovery Family &amp; Friends</b> <b>11am-12pm:</b> LGBTQ+ Support Group <b>1:00pm-2:00pm-</b> Beginners DBT Class	8 <b>Healthy Cooking Class</b> 11:30am-12:30pm <b>Work out with Friends</b> 1:00pm-2:00pm	9 <b>10am-11am-SMART Recovery</b> <b>1:00pm-2:00pm-DBT Skills ADVANCED Class</b>	10 <b>CLOSED</b>	11 <b>CLOSED</b>
12 <b>CLOSED</b> MFS Pantry Week 	13 <b>10am-11am-SMART Recovery</b> <b>12:30pm-1:30pm:</b> Pathways to Recovery	14 <b>10am-11am-SMART Recovery Family &amp; Friends</b> <b>11am-12pm:</b> LGBTQ+ Support Group <b>1:00pm-2:00pm-</b> Beginners DBT Class	15 <b>Thanksgiving Party!</b> <b>10am-2pm</b> <b>Massage Healing</b> <b>(Please call to make an appointment)</b>	16 <b>10am-11am-SMART Recovery</b> <b>11:00am-2:00pm:</b> Billiards Tournament <b>1:00pm-2:00pm-DBT Skills ADVANCED Class</b>	17 <b>10am-11am</b> Anger Management <b>12:30pm-2:00pm</b> Celebration of Cindy <b>Free Haircut Day</b> <b>(Please call to make an appointment)</b>	18 <b>CLOSED</b>
19 <b>CLOSED</b>	20 <b>CLOSED</b> Feeding America Mobile Food Bank 11am, located @ St. Joe's Church-249 6 <sup>th</sup> St. Manistee. Drive thru only. You may pick up for someone as a proxy.	21 <b>10am-11am-SMART Recovery Family &amp; Friends</b> <b>11am-12pm:</b> LGBTQ+ Support Group <b>1:00pm-2:00pm-</b> Beginners DBT Class	22 <b>Board Game Day</b> 10:00am-1:00pm <b>Healthy Intimate Relationships Class</b> 1:00pm-2:00pm	23 <b>CLOSED</b> <b>Happy Thanksgiving</b>	24 <b>CLOSED</b>	25 <b>CLOSED</b>
26 <b>CLOSED</b> MFS Pantry Week 	27 <b>10am-11am-SMART Recovery</b> <b>12:30pm-1:30pm:</b> Pathways to Recovery	28 <b>9am-10am:</b> Board Meeting <b>10am-11am-SMART Recovery Family &amp; Friends</b> <b>11am-12pm:</b> LGBTQ+ Support Group <b>1:00pm-2:00pm-</b> Beginners DBT Class	29 <b>11am-2pm:</b> <b>Lunch &amp; the Barbie Movie 🍷</b> <b>Dress like Barbie, Ken, Skipper or Wear Pink!</b>	30 <b>10am-11am-SMART Recovery</b> <b>1:00pm-2:00pm-DBT Skills ADVANCED Class</b>		

Staff are available for peer support over the phone Monday-Friday from 8:30am-4:30pm. Call 231-655-3278 if calling after 3pm.

♥ **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.

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

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 from  
3pm-4:30pm by appointment only.