

Manistee Friendship Society –July 2025 Activity Calendar

Please call 231-398-0434 for more information

50 Filer Street Suite 316, Manistee Mi. 49660 (3rd floor)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 12:30pm-2pm: Drop in Arts & Crafts	2 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment) 9am-12pm: NMCAA Housing Navigator	3 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 4 th of July Party 11:30am: Lunch 12:30pm: Patriotic Bingo Wear Red, White & Blue!	4 CLOSED	5 CLOSED
6 CLOSED	7 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 1pm-2pm: LGBTQ+ Support Group 9am-3pm: NMCAA Housing Navigator	8 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 12:30pm-2pm: Drop in Arts & Crafts	9 <u>Drop-in hours: 9:30am-3pm</u> 1pm-2pm: Pop up Yoga w/ Shannon 9am-12pm: NMCAA Housing Navigator 1pm-2pm: NAMI: Family Support Group	10 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	11 CLOSED	12 CLOSED
13 CLOSED	14 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 1pm-2pm: LGBTQ+ Support Group 9am-3pm: NMCAA Housing Navigator	15 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 10:30am-12pm: RELAX- Alternatives to Anger	16 10am-2pm Beach Day Cookout @ 5 th Ave. Beach 9am-12pm: NMCAA Housing Navigator	17 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	18 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 11:15am-12:15pm: Hooping w/Amanda Free Haircut Day- Please call to make an appointment	19 CLOSED PANTRY WEEK 
20 CLOSED	21 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 1pm-2pm: LGBTQ+ Support Group 9am-3pm: NMCAA Housing Navigator	22 <u>Drop-in hours: 9:30am-3pm</u> 9am-10am- Board Meeting 10am-11am-SMART Recovery Family & Friends 10:30am-12pm: RELAX- Alternatives to Anger	23 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.	24 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	25 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 11:15am-12:15pm: Hooping w/Amanda	26 CLOSED
27 CLOSED	28 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 1pm-2pm: LGBTQ+ Support Group 9am-3pm: NMCAA Housing Navigator	29 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 10:30am-12pm: RELAX- Alternatives to Anger	30 Princess Boat Cruise Celebrating Recovery (Please call to sign up, limited space)	31 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group		

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 Chelsey Kott CRSS.
- ♥ **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 Sabrina Ceresia CPSS.
Afternoon: RELAX: Alternatives to Anger is an MSU Extension program that consists of four lessons to help participants increase knowledge and skills in dealing with anger and stress. Lesson topics include learning anger triggers, finding ways to calm down, problem solving through conflict and forgiveness.
- ♥ **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, & Chelsey Kott CRSS.
- ♥ **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 Chelsey Kott CRSS.
Afternoon: Activities vary, see calendar on other side.



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.