

BENZIE FRIENDS DROP-IN CENTER February 2024

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
	Phone Support Available 10-2	Dance Fitness w/Arysa Peer & Primary MI Talk Circle 1-2pm Women's Group 2-4pm Lunch Served	Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Dance Fitness 12:15pm Spiritual Support 1pm	1 PATHWAYS 10:45AM GYM 12-1PM Lunch Served STAFF MEETING 1:30PM	2 Bring \$15 for lunch MANISTEE – CHINA BUFFET & DOWNTOWN SHOPPING	3 Member Shopping Day Phone Support Available 10-4
4	5 Phone Support Available 10-2 Hearing Voices Group 4pm-6pm	6 Group Art PROJECT W/Jess 11AM LGBTQ+ TALK CIRCLE 1-2pm	7 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Dance Fitness 12:15pm Spiritual Support 1pm	8 PATHWAYS 10:45AM YOUNG ADULTS GROUP 1-2pm Lunch Served	9 GUIDED MEDITATION 10AM GYM 11-12PM	10 Pizza Saturday 12-2 & BINGO Phone Support Available 10-4
11	12 Phone Support Available 10-2	13 VALENTINES CARDS & CRAFTS 10-12PM Peer & Primary MI Talk Circle 1-2pm Women's Group 2-4pm Lunch Served	14 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am VALENTINES LUNCHEON 1-3PM	15 PATHWAYS 10:45AM GYM 12-1PM Lunch Served	16 HAIRCUTS AND LUNCH – TRAVERSE CITY	17 Member Shopping Day Phone Support Available 10-4
18	19 Phone Support Available 10-2 Hearing Voices Group 4pm-6pm	20 Group Art PROJECT W/Jess 11AM LGBTQ+ TALK CIRCLE 1-2pm	21 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Dance Fitness 12:15pm Spiritual Support 1pm	22 PATHWAYS 10:45AM YOUNG ADULTS GROUP 1-2pm Lunch Served	23 STAFF DAY ONLY	24 Pizza Saturday 12-2 & BINGO Phone Support Available 10-4
25	26 Phone Support Available 10-2	27 Dance Fitness w/Arysa Peer & Primary MI Talk Circle 1-2pm Women's Group 2-4pm Lunch Served	28 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Dance Fitness 12:15pm Spiritual Support 1pm	29 PATHWAYS 10:45AM GYM 12-1PM Lunch Served	1 MALL WALK AND AMC MOVIE - TC	2 Member Shopping Day Phone Support Available 10-4

Staff available by phone 9:30am – 4:30pm Tuesday – Saturday, Monday 10-2pm Call ahead for your food box!

231-383-4300 LUNCH AT THE DROP IN – TUESDAYS AND THURSDAYS