

Manistee Friendship Society – August 2023 Activity Calendar
 Please call 231-398-0434 or 231-655-3278 for more information
 50 Filer Street Suite 320, 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 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1pm: Blossom Blvd. Weeding Group	2 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)	3 10am-11am-SMART Recovery 10:00am-1:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500	4 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	5 10am-11am: Living Grace Group
6 CLOSED	7 10am-2pm: Volunteering @ Northern Pathways Equine Center. (Please call to sign up) 10am-11am-SMART Recovery 11am: Seeking Safety Class	8 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1pm: Blossom Blvd. Weeding Group 1:00pm-2:00pm- Beginners DBT Class	9 10:30am-12pm: Healthy Cooking Class 12:30pm-2pm: Work out with friends	10 10am-11am-SMART Recovery 10:00am-1:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 1:00pm-2:00pm-DBT Skills ADVANCED Class	11 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	12 10am-11am: Living Grace Group
13 CLOSED	14 10am-2pm: Arboretum Trail Volunteer Work 10am-11am-SMART Recovery 11am: Seeking Safety Class	15 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1pm: Blossom Blvd. Weeding Group 1:00pm-2:00pm- Beginners DBT Class	16 CLOSED 10am-2:30pm: Beach Day! Food! Music! Socializing! Tie-Dye Fun! (5th Ave. Beach)	17 10am-11am-SMART Recovery 10:00am-1:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 1:00pm-2:00pm-DBT Skills ADVANCED Class	18 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	19 10am-11am: Living Grace Group
20 CLOSED	21 10am-2pm: Volunteering @ Northern Pathways Equine Center. (Please call to sign up) 10am-11am-SMART Recovery 11am: Seeking Safety Class	22 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1pm: Blossom Blvd. Weeding Group 1:00pm-2:00pm- Beginners DBT Class	23 Feeding America Mobile Food Bank 11am, located @ St. Joe's Church-249 6th St. Manistee. Drive thru only. You may pick up for someone as a proxy.	24 10am-11am-SMART Recovery 10:00am-1:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 1:00pm-2:00pm-DBT Skills ADVANCED Class	25 10am-11am Anger Management 12:30pm-1:30pm: Arts & Crafts	26 10am-11am: Living Grace Group
27 CLOSED	28 10am-11am-SMART Recovery 11am: Seeking Safety Class 12:30pm-1pm: Blossom Blvd. Weeding Group	29 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 1:00pm-2:00pm- Beginners DBT Class	30 9:30am-11:00am: Combating Negative Thinking Patterns 12:30pm-1:30pm: Fresh Food Bingo 😊	31 10am-3pm-International Overdose Awareness Day Event. 10am meet @ City Hall. 10:00am-1:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 1:00pm-2:00pm-DBT Skills ADVANCED Class		

Staff are available for peer support over the phone Monday-Friday from 9:30am-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: Seeking Safety Class: A coping skills approach to help people attain safety from trauma and/or addiction. It is present-focused and designed to be safe, optimistic, and engaging. Facilitated by Sarah Madsen- CWN.
- ♥ **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 Cassandra Kamaloski CHW, CPSS & Carolyn Pifer, CHW, CPSS
- ♥ **Saturdays:** Living in Grace Group: In 2011, Mental Health Grace Alliance ("The Grace Alliance") was founded to create practical and grace-filled resources for those living with mental health challenges (individuals + marriages/families). Grace Alliance curriculums utilize a whole-health(i.e., holistic) approach, integrating evidence-based science (neuroscience, psychology, biomedical, etc.) and Biblical scriptures/faith experience for mental health recovery (resilience). Facilitated by Michol Ludwig

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

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.

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