

Lunch is served on weekdays at noon, unless otherwise noted. 😊

## Manistee Friendship Society –October 2025 Activity Calendar

Please call 231-398-0434 for more information  
50 Filer Street Suite 316, 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!

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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)	2 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	3 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: Workout with Friends	4 CLOSED
5 CLOSED	6 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	7 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  11am-12pm- Fall Crafting w/ Kirsten	8 <u>Drop-in hours: 9:30am-3pm</u> 10am-12pm: Beginners Loop Yarn Blankets (Please call to sign up)  1pm-2pm: NAMI: Family Support Group	9 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	10 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: Workout with Friends	11 CLOSED
12 CLOSED	13 CLOSED	14 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  11am-12pm- Fall Crafting w/ Kirsten	15 <u>Drop-in hours: 9:30am-3pm</u> 10am-12pm: Beginners Loop Yarn Blankets (Must be registered)  Free Haircut Day (Please call to sign up)	16 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	17 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: Workout with Friends	18 CLOSED PANTRY WEEK ←
19 CLOSED	20 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	21 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends  11am-12pm- Fall Crafting w/ Kirsten	22 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.	23 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	24 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: Workout with Friends	25 CLOSED
26 CLOSED	27 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  1pm-2pm: LGBTQ+ Support Group  9am-3pm: NMCAA Housing Navigator	28 <u>Drop-in hours: 9:30am-3pm</u> 9am-10am: Board Meeting  10am-11am-SMART Recovery Family & Friends  11am-12pm- Cookie Decorating w/ Kirsten	29 <u>Drop-in hours: 9:30am-3pm</u>  Halloween Party! Minute to Win it Games! Costume Contest! Food! Great Company! 😊	30 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	31 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management  12:30pm-1:30pm: Workout with Friends	



- ♥ **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 Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia 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 you and your 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.
- ♥ **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.
- ♥ **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 Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS.



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.