

Manistee Friendship Society- Mental Health Drop-in Center

July 2026 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
			<p>1</p> <p>CLOSED Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)</p>	<p>2</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 11am-12pm- Workout w/Kacey! 12:30pm-1:30pm- DBT Skills Group</p>	<p>3</p> <p>CLOSED</p> 	<p>4</p> <p>CLOSED Happy 4th!</p>
<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:45pm-1:45pm: Communication 101 1pm-2pm: LGBTQ+ Support Group</p>	<p>7</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm- Mindful Miles: Walking Group</p>	<p>8</p> <p>Drop-in hours: 9:30am-3pm 10:30am-11:30am: Fresh Food Bingo 1pm-2pm: NAMI: Family Support Group</p>	<p>9</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 11am-12pm- Workout w/Kacey! 12:30pm-1:30pm- DBT Skills Group</p>	<p>10</p> <p>Drop-in hours: 9:30am-3pm 10am-11am Anger Management 12:30pm-1:30pm: Mindful Readers (Book Club)</p>	<p>11</p> <p>CLOSED</p>
<p>12</p> <p>CLOSED</p>	<p>13</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:45pm-1:45pm: Communication 101</p>	<p>14</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm- Mindful Miles: Walking Group</p>	<p>15</p> <p>CLOSED Princess Boat Cruise Celebrating Recovery (Please call to sign up, limited space)</p> 	<p>16</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 11am-12pm- Workout w/Kacey! 12:30pm-1:30pm- DBT Skills Group</p>	<p>17</p> <p>Drop-in hours: 9:30am-3pm 10am-11am Anger Management Free Haircut Day w/ Lori (Please call to make an appointment) 12:30pm-1:30pm: Mindful Readers (Book Club)</p>	<p>18</p> <p>CLOSED PANTRY WEEK</p> 
<p>19</p> <p>CLOSED</p>	<p>20</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:45pm-1:45pm: Communication 101</p>	<p>21</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm- Mindful Miles: Walking Group</p>	<p>22</p> <p>CLOSED 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.</p>	<p>23</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) Bowling @ Strike Town: 12pm- 2:30pm</p>	<p>24</p> <p>Drop-in hours: 9:30am-3pm 10am-11am Anger Management 12:30pm-1:30pm: Mindful Readers (Book Club)</p>	<p>25</p> <p>CLOSED</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 10:00am-12:00pm- Canvas Painting with Cassandra (Please call to register) 12:45pm-1:45pm: Communication 101</p>	<p>28</p> <p>Drop-in hours: 9:30am-3pm 9am-10am- Board Meeting 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm- Mindful Miles: Walking Group 2pm: Spectrum Community Services- No Smoking Presentation</p>	<p>29</p> <p>CLOSED 10am-2pm Celebrate Recovery: Beach Cookout @ 5th Avenue Beach! Meet at beach, food will be provided.</p> 	<p>30</p> <p>Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group Play @ at the Ramsdell for "Annie." Call to sign up.</p>	<p>31</p> <p>Drop-in hours: 9:30am-3pm 10am-11am Anger Management 12:30pm-1:30pm: Mindful Readers (Book Club)</p>	



Lunch is served on weekdays at 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 CPSS & Sabrina Ceresia CPSS.

Afternoon: Communication 101 is a welcoming class designed to help build confidence in everyday conversations. Learn practical skills for expressing yourself, listening, setting boundaries, and connecting with others in a supportive environment.

♥ **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.

Afternoon: Mindful Miles Walking Club: Join us on Tuesdays for a walk along our beautiful boardwalk or around the community as we walk and talk for mental health.

♥ **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.

Afternoon: Mindful Readers Book Club: Join us as we explore a variety of books throughout the year that inspire learning, personal growth, and meaningful conversation. Books are provided, and everyone is welcome—whether you're an avid reader or just looking to try something new.

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.



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!