

Manistee Friendship Society –September 2024 Activity Calendar
 Please call 231-398-0434 or 231-655-3278 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 CLOSED	2 CLOSED Labor Day!	3 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	4 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment) 9am-12pm: NMCAA Housing Navigator	5 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	6 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-1:30pm: Pathways to Recovery 4pm-6pm: Suicide Awareness & Prevention Event, located at the Wagoner Community Center. 260 St. Marys St.	7 10am-12pm IDOLS of the HEART Bible Study
8 CLOSED	9 <u>Drop-in hours: 9:30am-3pm</u> 9am-12pm: NMCAA Housing Navigator 10am-11am-SMART Recovery 12:30pm-1:30pm: Co-Dependent No More	10 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	11 10:00am-2:30pm End of Summer Talent Show/Picnic @ 5 th Ave. Beach! (Please sign up for talent show) 9am-12pm: NMCAA Housing Navigator	12 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	13 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-1:30pm: Pathways to Recovery	14 10am-12pm IDOLS of the HEART Bible Study
15 CLOSED MFS Pantry Week 	16 <u>Drop-in hours: 9:30am-3pm</u> 9am-12pm: NMCAA Housing Navigator 10am-11am-SMART Recovery 12:30pm-1:30pm: Co-Dependent No More	17 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	18 Sound Bath Experience (Please call to sign up) 9am-12pm: NMCAA Housing Navigator	19 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	20 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-1:30pm: Pathways to Recovery	21 10am-12pm IDOLS of the HEART Bible Study
22 CLOSED	23 <u>Drop-in hours: 9:30am-3pm</u> 9am-12pm: NMCAA Housing Navigator 10am-11am-SMART Recovery 12:30pm-1:30pm: Co-Dependent No More	24 <u>Drop-in hours: 9:30am-3pm</u> 9am-10am- Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:45pm-1:30pm: Weeding @ Blossum Boulevard	25 Feeding America Mobile Food Bank 11am, located @ 1201 Lakeshore Rd. Manistee. (First Baptist Church) Drive thru only. You may pick up for someone as a proxy. 9am-12pm: NMCAA Housing Navigator	26 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	27 <u>Drop-in hours: 9:30am-3pm</u> Free Haircut Day (Please call to make an appointment) 10am-11am Anger Management 12:30pm-1:30pm: Pathways to Recovery	28 10am-12pm IDOLS of the HEART Bible Study
29 CLOSED	30 <u>Drop-in hours: 9:30am-3pm</u> 9am-12pm: NMCAA Housing Navigator 10am-11am-SMART Recovery 12:30pm-1:30pm: Co-Dependent No More					

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: Codependent No More- A interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of oneself. Through hands-on guided journaling, exercises, and self-tests, participants will learn to integrate the time-tested concepts outlined in Codependent No More into their daily lives by: setting and enforcing healthy limits, developing a support system through healthy relationships with others, experiencing genuine love and forgiveness, and letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this class offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self. Facilitated by 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 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.

♥ **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 Skills Group: This group focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Call for more information. 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: Pathways to Recovery: Guides participants through a process of exploring their own recovery journey while creating a long-range vision for their lives. Participants will explore their current lives and set goals across ten life domains that include creating a home, learning, working, nurturing a social circle, intimacy and sexuality, wellness, leisure and spirituality. Facilitated by Chelsey Kott CRSS.

PEER SUPPORT, SOCIALIZING,
COMPUTER LAB & GYM
AVAILABLE MONDAY-FRIDAY
9:30AM-3PM!!

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

MFS staff are in the office for drop-in
services Monday-Friday from 9:30am-3pm

Staff are available Monday-Friday before
9:30am and after 3pm by appointment only.
Call 231-655-3278 if calling after 3pm.