



Manistee Friendship Society – May 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 Suds Your Duds Laundry Program - MFS Members Only. (Please call to make an appointment)	2 10am-11am -SMART Recovery 1pm-1:45pm - Work out with Friends	3 10am-11am Anger Management 1:00pm-1:45pm Chair Yoga w/Shannon	4 10am-12pm Creative Arts Bible Study
5 CLOSED MFS Pantry Week 	6 10am-11am -SMART Recovery 11:30am - MSU Extension: Chronic Pain PATH Management	7 10am-11am -SMART Recovery Family & Friends 11am-12pm : LGBTQ+ Support Group 12:30 : Spectrum Collaboration Summer Activity Planning! All members are welcome! 1:00pm-2:00pm - DBT Beginners & Advanced Skills Group	8 Free Haircut Day (Please call to make an appointment) 10:00am-1:00pm Arts & Crafts	9 10am-11am -SMART Recovery 1pm-1:45pm - Work out with Friends	10 10am-2:30pm : Horse Farm 1:00pm-1:45pm Chair Yoga w/Shannon	11 10am-12pm Creative Arts Bible Study
12 CLOSED	13 10am-11am -SMART Recovery 11:30am - MSU Extension: Chronic Pain PATH Management	14 10am-11am -SMART Recovery Family & Friends 11am-12pm : LGBTQ+ Support Group	15 Healing Massages (Please call to make an appointment) 10:00am-1:00pm Arts & Crafts	16 10am-11am -SMART Recovery 1pm-1:45pm - Work out with Friends	17 10am-11am Anger Management 1:00pm-2:00pm - DBT Beginners & Advanced Skills Group	18 10am-12pm Creative Arts Bible Study
19 CLOSED MFS Pantry Week 	20 10am-11am -SMART Recovery 11:30am - MSU Extension: Chronic Pain PATH Management	21 10am-11am -SMART Recovery Family & Friends 11am-12pm : LGBTQ+ Support Group	22 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.	23 10am-11am -SMART Recovery 1:00pm-2:00pm - DBT Advanced & Beginners Skills Group	24 10am-2:30pm : Horse Farm 1:00pm-1:45pm Chair Yoga w/Shannon	25 10am-12pm Creative Arts Bible Study
26 CLOSED	27 CLOSED	28 9am-10am : Board Meeting 10am-11am -SMART Recovery Family & Friends 11am-12pm : LGBTQ+ Support Group 1:00pm-2:00pm - DBT Beginners Skills Group	29 10am-12pm : Workout with Friends 12:30pm-1:30pm Fresh Food Bingo	30 10am-11am -SMART Recovery 1:00pm-2:00pm - DBT Advanced Skills Group	31 10am-11am Anger Management 1:00pm-1:45pm Chair Yoga w/Shannon	

*Lunch served weekdays
@ noon unless otherwise noted.*

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

If schools are closed due to bad weather, please call the center to see if we are open or not. If no answer, we are closed.

- ♥ **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.
- ♥ **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:** DBT 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 Sabrina Ceresia CPSS.

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.