

# Manistee Friendship Society –January 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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery  12:30pm-1:30pm- Arts & Crafts	3 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am Anger Management  11:30am-1:30pm: Board Game Fun!	4 CLOSED
5 CLOSED	6 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery 12:30pm-1:30pm: Healthy Weight Management Support Group 9am-3pm: NMCAA Housing Navigator	7 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Healing your Inner Child	8 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)	9 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	10 <b>Drop-in hours: 9:30am-3pm</b>  9:30am- Volunteering @ Little Rascals Cat Sanctuary (Please call to sign up)  10am-11am Anger Management	11 CLOSED
12 CLOSED  MFS Pantry Week	13 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery 12:30pm-1:30pm: Healthy Weight Management Support Group 9am-3pm: NMCAA Housing Navigator	14 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Healing your Inner Child	15 NAMI: Family Support Group 1:00pm-2:00pm  Free Haircut Day (Please call to make an appointment)	16 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	17 <b>Drop-in hours: 9:30am-3pm</b>  10am-11am Anger Management  12:00pm-1:30pm: Visit to Homeward Bound Animal Shelter (Please call to sign up)	18 CLOSED
19 CLOSED	20 CLOSED	21 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Healing your Inner Child	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 <b>Drop-in hours: 9:30am-3pm</b>  10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	24 <b>Drop-in hours: 9:30am-3pm</b>  10am-11am Anger Management  12:30pm-1:30pm: Fresh Food Bingo	25 CLOSED
26 CLOSED	27 <b>Drop-in hours: 9:30am-3pm</b> 10am-11am-SMART Recovery 12:30pm-1:30pm: Healthy Weight Management Support Group 9am-3pm: NMCAA Housing Navigator	28 <b>Drop-in hours: 9:30am-3pm</b> 9am-10am- Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Healing your Inner Child	29 Movie Day @ Vogue Theatre (Please call to sign up or for more information)	30 <b>Drop-in hours: 9:30am-3pm</b>  10am-11am-SMART Recovery  12:30pm-1:30pm- DBT Skills Group	31 <b>Drop-in hours: 9:30am-3pm</b>  10am-11am Anger Management  12:30pm-1:30pm: Healthy Cooking Class	

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!



## 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:** Mind Over Matter Weight Loss Support Group: Let's get healthy together with our healthy weight management class/support group! What we eat, how much we move throughout the day, and the quality of our sleep can all impact our mental health. Let's embark on this journey as a team. Facilitated by Cassandra Kamaloski CHW, CPSS, Sabrina Ceresia CPSS, & Chelsey Kott CRSS.
- ♥ **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.
- Afternoon:** Healing your Inner Child: Become your own loving parent. Developing your reparenting skills may change your life. Learn practical tools to help you reparent yourself with gentleness, humor, love, and respect. Facilitated by Kirstin Kavanagh.
- ♥ **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, & Chelsey Kott CRSS.
- ♥ **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 Chelsey Kott CRSS.
- Afternoon:** Activities vary, see calendar on other side.



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.

In the event of inclement weather, the center may be closed. If that happens, you can reach staff members for peer support by phone:

- Cassandra: 231-655-3278
- Sabrina: 231-655-3220
- Chelsey: 231-655-1141

If you are unsure whether we are open, please call one of the numbers listed above.