

Manistee Friendship Society – March 2026 Activity 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
1 CLOSED	2 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: LGBTQ+ Support Group	3 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	4 Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment)	5 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group	6 <u>Drop-in 2 hours: 9:30am-3pm</u> 10am-11am Anger Management 1pm-2pm: Outside the Box- Addiction Support Group	7 CLOSED
8 CLOSED	9 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: Creative Expressions Art Therapy	10 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	11 10:00am-12:00pm Minute to Win it- Winter Olympics 12:00pm St. Pattys Day Luncheon	12 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group	13 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 1pm-2pm: Outside the Box- Addiction Support Group	14 CLOSED
15 CLOSED	16 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: Creative Expressions Art Therapy	17 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	18 Free Haircut Day w/ Lori (Please call to make an appointment) NAMI: Family Support Group 1pm-2pm	19 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group	20 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 1pm-2pm: Outside the Box- Addiction Support Group	21 CLOSED PANTRY WEEK 
22 CLOSED	23 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: Creative Expressions Art Therapy	24 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group	25 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.	26 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm- DBT Skills Group	27 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 1pm-2pm: Outside the Box- Addiction Support Group	28 CLOSED
29 CLOSED	30 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery (Addiction Support) 10:00am-12:00pm- Canvas Painting with Cassandra- Easter Bunny Themed (Please call to register)	31 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 1pm-2pm- Fear to Freedom: DV Support Group				

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

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

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!

- ♥ **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.
Afternoon: Fear to Freedom DV Support Group: If you have been affected by domestic violence, you are not alone! A support group for victims and survivors seeking healing together. Connect with others who have an understanding of what you've been through. Together we empower each other through shared stories, coping strategies, and resources for recovery. Let's walk this path together, fostering strength and hope in an encouraging environment. Facilitated by Cassandra Kamaloski
- ♥ **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 Sabrina Ceresia
Afternoon: Outside the Box-Addiction Support Group: It's hard work to stay clean. Recovery is about accountability, changing habits, dealing with the consequences of using, and earning back trust. It also comes with many questions: Who am I without drugs? How do I deal with the past? What do I have to look forward to? Will I ever FEEL life again? This support group walks alongside as you navigate through this complicated world. But recovery is so much more than sobriety: You're starting something new, and new isn't pathological. Recovery needs silliness and dreams. It is about learning to love life without drugs. Awash with positive psychology and creativity, this group helps you explore the "new" you. Facilitated by Sabrina Ceresia

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.

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, Lexi: 231-655-1141
If you are unsure whether we are open, please call Dial a Ride, or one of the numbers listed above.