

# Manistee Friendship Society- Mental Health Drop-in Center

📞 Please call 231-398-0434 for more information  
 📍 50 Filer Street Suite 316, Manistee Mi. 49660 (3rd floor)  
 🌐 Visit our website, [manisteefriendshipsociety.org](http://manisteefriendshipsociety.org),  
 or "like" our Facebook page to get more info!

# May 2026

MENTAL HEALTH AWARENESS MONTH



♥ You Matter.

Take care of your mind,  
 your body, and your heart.  
 We're here for you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>Mental Health is Health</i> ♥            Let's end the stigma.            Let's grow together.</p>					<b>1</b> Drop-in hours: 9:30am-3pm 10am-11am Anger Management 11am-12pm: Free community yoga class! Suite 310A 	<b>2</b> 
<b>3</b> 	<b>4</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 1pm-2pm: LGBTQ+ Support Group 	<b>5</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm-Walk & Talk: Mental Health Awareness 	<b>6</b> <b>CLOSED</b> Suds Your Duds Laundry Program- MFS Members Only. (Please call to make an appointment) ♥ 	<b>7</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm-DBT Skills Group 	<b>8</b> Drop-in hours: 9:30am-3pm 10am-11am Anger Management 11am-12pm: Free community yoga class! Suite 310A 	<b>9</b> 
<b>10</b> 	<b>11</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:45pm-1:45pm: Communication 101 	<b>12</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm-Walk & Talk: Mental Health Awareness 	<b>13</b> Drop-in hours: 9:30am-3pm Free Haircut Day w/ Lori (Please call to make an appointment) 	<b>14</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) Bowling @ Strike Town: 12pm-2:30pm 	<b>15</b> Drop-in hours: 9:30am-3pm 10am-11am Anger Management 11am-12pm: Free community yoga class! Suite 310A 	<b>16</b> <b>CLOSED</b> PANTRY WEEK 
<b>17</b> <b>CLOSED</b> ♥ 	<b>18</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 11am-12pm: Free community yoga class! Suite 310A 	<b>19</b> <b>CLOSED-Staff Training</b> 	<b>20</b> Drop-in hours: 9:30am-3pm 10am-2pm: Mental Health Rocks! (Rock painting & planting) REMINDER: Peer Support Available All Day! 	<b>21</b> <b>CLOSED For Training</b> Connection Saves Lives, FREE Community Suicide Prevention Training: (Please call to get registered) 	<b>22</b> Drop-in hours: 9:30am-3pm 10am-11am Anger Management 12pm: Visit to Homeward Bound Animal Shelter (Please call to sign up) 	<b>23</b> 
<b>24</b> <b>CLOSED</b> ♥ 	<b>25</b> <b>CLOSED MEMORIAL DAY</b>  Thank you to all who have served. ♥	<b>26</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery Family & Friends 12:45pm-1:45pm-Walk & Talk: Mental Health Awareness 	<b>27</b> <b>CLOSED</b> 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. 	<b>28</b> Drop-in hours: 9:30am-3pm 10am-11am-SMART Recovery (Addiction Support) 12:30pm-1:30pm-DBT Skills Group 	<b>29</b> Drop-in hours: 9:30am-3pm 10am-11am Anger Management 1pm-2pm: Fresh Food Bingo 	<b>30</b> 

**31** 

♥ *We're here for you.*  
 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!  
 

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. ♥  


*Lunch* ♥  
 served weekdays at noon, unless otherwise noted.  
 

**REMEMBER:**  
 ♥ Be kind to yourself  
 ♥ You are not alone  
 ♥ It's okay to ask for help  
 ♥ Small steps lead to big changes  
