

Manistee Friendship Society – March 2023 Activity Calendar
Please call 231-398-0434 or 231-655-3278 for more information
50 Filer Street Suite 320, 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-11:30am-SMART Recovery 11am-12pm- Overeaters Anonymous 1:00pm-2:00pm- DBT Skills ADVANCED Class	3 10am-11am Anger Management 11am-12pm- LGBTQ+ Support Group 12:30pm-2:00pm: Bingo	4 10am-11am: Living Grace Group
5 CLOSED	6 10am-11:30am-SMART Recovery 11am-11:45am: Theatre Club	7 10am-11am-SMART Recovery Family & Friends 11am-12pm: Powerful Thinking- Bible Study 1:00pm-2:00pm- Beginners DBT Class	8 Free Haircut Day- MFS Members Only. (Please call to make an appointment)	9 10am-11:30am-SMART Recovery 10:00am-2:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 11am-12pm- Overeaters Anonymous 1:00pm-2:00pm- DBT Skills ADVANCED Class	10 10am-11am Anger Management 11am-12pm- LGBTQ+ Support Group 12:30pm- 1:30pm: Crafting- Sunshine Cards	11 10am-11am: Living Grace Group
12 CLOSED	13 10am-11:30am-SMART Recovery 11am-12pm: Grief & Loss Support Group	14 10am-11am-SMART Recovery Family & Friends 11am-12pm: Powerful Thinking- Bible Study 1:00pm-2:00pm- Beginners DBT Class	15 Free Reiki Healing Massages w/ Dennielle- MFS Members Only (Please call to make an appointment)	16 10am-11:30am-SMART Recovery 10:00am-2:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 11am-12pm- Overeaters Anonymous 1:00pm-2:00pm: CWN: Consumer Advisory Meeting 1:00pm-2:00pm- DBT Skills ADVANCED Class	17 10am-11am Anger Management 11am-12pm- LGBTQ+ Support Group 12:30pm-1:30pm: St. Patty's Day Party- Lucky Bingo & Wear Green Drawing	18 10am-11am: Living Grace Group
19 CLOSED	20 10am-11:30am-SMART Recovery 11am-11:45am: Theatre Club	21 10am-11am-SMART Recovery Family & Friends 11am-12pm: Powerful Thinking- Bible Study 1:00pm-2:00pm: Beginners DBT Class	22 Feeding America Mobile Food Bank 11am, located @ St. Joe's Church-249 6 th St. Manistee. Drive thru only. You may pick up for someone as a proxy.	23 10am-11:30am-SMART Recovery 10:00am-2:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 11am-12pm- Overeaters Anonymous 1:00pm-2:00pm- DBT Skills ADVANCED Class	24 10am-11am Anger Management 11am-12pm- LGBTQ+ Support Group 12:30pm-2:00pm: Crafting	25 10am-11am: Living Grace Group
26 CLOSED	27 10am-11:30am-SMART Recovery 11am-12pm: Grief & Loss Support Group	28 9am-10am: Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: Powerful Thinking- Bible Study 1:00pm-2:00pm- Beginners DBT Class: Exercise for mental health	29 11am-1pm: Painting w/Cassandra & Sabrina	30 10am-11:30am-SMART Recovery 10:00am-2:00pm: NMCAA Homeless Navigator drop-in hours: 1-844-900-0500 11am-12pm- Overeaters Anonymous 1:00pm-2:00pm- DBT Skills ADVANCED Class	31 10am-11am Anger Management 11am-12pm- LGBTQ+ Support Group 11am-2:00pm: Billiards Tournament	

Staff are available for peer support over the phone Monday-Friday from 9:30am-4:30pm. Call 231-655-3278 if calling after 3pm.

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.

Afternoon: Grief & Loss Support Group: Healing from life's losses, trauma & grief. Creating a life where we thrive, instead of just surviving. A compassionate group experience for dealing with the emotional impact of a major loss. Gain support from others. Share the journey of grief and healing in a safe environment with others who have walked the path. Any adult experiencing loss is welcome to attend. Facilitated by Carolyn Pifer CHW, CPSS & David Keller- Hospice of Mi.

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: 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: Overeaters Anonymous: A community of people who through shared experience, strength, and hope are recovering from unhealthy relationships with food and body image. Support each other in order to recover from compulsive eating and food behaviors. We welcome everyone who feels they have a problem with food.

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 Cassandra Kamaloski CHW, CPSS & Carolyn Pifer, CHW, 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.

Saturdays: Living in Grace Group: In 2011, Mental Health Grace Alliance ("The Grace Alliance") was founded to create practical and grace-filled resources for those living with mental health challenges (individuals + marriages/families). Grace Alliance curriculums utilize a whole-health (i.e., holistic) approach, integrating evidence-based science (neuroscience, psychology, biomedical, etc.) and Biblical scriptures/faith experience for mental health recovery (resilience).

SOCIALIZING, FOOD/ PERSONAL
CARE ITEM PANTRY, COMPUTER
LAB & GYM AVAILABLE
MONDAY-FRIDAY!

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

Staff are available Monday-
Friday from 3pm-4:30pm by
appointment only.

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