

**Manistee Friendship Society – March 2024 Activity Calendar**  
Please call 231-398-0434 or 231-655-3278 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
					<b>1</b> <b>10am-11am</b> Anger Management  <b>1:00pm-1:45pm</b> Chair Yoga w/Shannon	<b>2</b> <b>10am-12pm</b> Creative Arts Bible Study
<b>3</b> <b>CLOSED</b>	<b>4</b> <b>10am-11am-SMART</b> Recovery  <b>12:30pm-1:30pm:</b> Pathways to Recovery	<b>5</b> <b>10am-11am-SMART</b> Recovery Family & Friends <b>11am-12pm:</b> LGBTQ+ Support Group  <b>1:00pm-2:00pm-</b> Beginners & Advanced DBT Skills Group	<b>6</b> <b>Suds Your Duds Laundry</b> <b>Program-</b> MFS Members Only. (Please call to make an appointment)	<b>7</b> <b>10am-</b> Feeding America Pantry Truck Support (Need volunteers, please sign up)  <b>10am-11am-SMART</b> Recovery	<b>8</b> <b>10am-11am</b> Anger Management  <b>1:00pm-1:45pm</b> Chair Yoga w/Shannon	<b>9</b> <b>10am-12pm</b> Creative Arts Bible Study
<b>10</b> <b>CLOSED</b>  MFS Pantry Week 	<b>11</b> <b>9:30am-4:00pm</b> Mental Health First Aid  <b>10am-11am-SMART</b> Recovery	<b>12</b> <b>10am-11am-SMART</b> Recovery Family & Friends <b>11am-12pm:</b> LGBTQ+ Support Group  <b>1:00pm-2:00pm-</b> Beginners & Advanced DBT Skills Group	<b>13</b> <b>St. Patty's Day Party</b> Luncheon, Leprechaun Hunt, Wear Green and Gold!  <b>Free Haircut Day</b> Please call to make an appointment	<b>14</b> <b>10am-11am-SMART</b> Recovery  <b>12pm-1pm-</b> Healthy Cooking Class	<b>15</b> <b>10am-1pm</b> Trauma Informed Care Class	<b>16</b> <b>10am-12pm</b> Creative Arts Bible Study  <b>11:00am</b> Polar Plunge @ LRCR
<b>17</b> <b>CLOSED</b>	<b>18</b> <b>10am-11am-SMART</b> Recovery  <b>12:30pm-1:30pm:</b> Pathways to Recovery	<b>19</b> <b>CLOSED</b>  <b>Staff Training &amp; Deep Cleaning Day</b>	<b>20</b> <b>9:30am-2pm</b> Easter Party Luncheon  	<b>21</b> <b>10am-11am-SMART</b> Recovery  <b>1:00pm- 2:00pm</b> CWN Consumer Council Meeting	<b>22</b> <b>10am-11am</b> Anger Management  <b>1:00pm-1:45pm</b> Chair Yoga w/Shannon	<b>23</b> <b>10am-12pm</b> Creative Arts Bible Study
<b>24</b> <b>CLOSED</b>  MFS Pantry Week 	<b>25</b> <b>10am-11am-SMART</b> Recovery  <b>12:30pm-1:30pm:</b> Pathways to Recovery	<b>26</b> <b>9am-10am:</b> Board Meeting  <b>10am-11am-SMART</b> Recovery Family & Friends  <b>11am-12pm:</b> LGBTQ+ Support Group	<b>27</b> 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.	<b>28</b> <b>10am-11am-SMART</b> Recovery  <b>1:00pm-2:00pm-</b> Beginners & Advanced DBT Skills Group	<b>29</b> <b>CLOSED</b>	<b>30</b> <b>10am-12pm</b> Creative Arts Bible Study

*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.

**Afternoon:** Pathways to Recovery puts the process of setting goals and creating personal recovery plans into a self-guided format. It does not concentrate on psychiatric symptoms, treatments or disorders. Instead, it guides participants through a process of exploring their own recovery journey while creating a long-range vision for their lives. It guides individuals to explore their current lives and set goals across ten life domains that include creating a home, learning, working, nurturing a social circle, intimacy and sexuality, wellness, leisure and spirituality. Facilitated by Cassandra Kamaloski CHW, CPSS & Sabrina Ceresia CPSS, or Carolyn Pifer CHW, 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:** 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.