



Manistee Friendship Society

MENTAL HEALTH DROP-IN CENTER

August 2026

You Belong Here!



A safe place for support,
connection and hope.

📞 231-398-0434

📍 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
2 CLOSED	3 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30am–1:30pm: Workout w/Kacey! 1pm–2pm: LGBTQ+ Support Group	4 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery Family & Friends 11am–12pm: Rock Painting with Kirsten 12:45pm–1:45pm: Workout with Kacey– Mini Gym	5 CLOSED Suds Your Duds Laundry Program– MFS Members Only. (Please call to make an appointment)	6 CLOSED FOR ONSITE PANTRY STOCKUP Volunteers Needed– Please call to sign up	7 Drop-in hours: 9:30am–3pm 10am–11am Anger Management Volunteering @ Northern Pathways Equine Center– (Please call to sign up.) 12:30pm–1:30pm: Mindful Readers (Book Club)	8 CLOSED
9 CLOSED	10 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30am–1:30pm: Workout w/Kacey!– Mini Gym	11 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery Family & Friends 11am–12pm: Rock Painting with Kirsten Free Haircut Day w/ Lori (Please call to make an appointment)	12 Drop-in hours: 9:30am–3pm 10am–2pm: Drop in Arts & Crafts Volunteering @ Northern Pathways Equine Center (Please call to sign up.)	13 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30pm–1:30pm: DBT Skills Group	14 CLOSED: Overdose Awareness Event: 8:00am–3:00pm. Meet @ Lions Pavilion @ 1st Street Beach.	15 CLOSED
16 CLOSED	17 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30am–1:30pm: Workout w/Kacey!	18 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery Family & Friends 11am–12pm: Rock Painting with Kirsten 12:45pm–1:45pm: Workout with Sabrina– Mini Gym	19 Drop-in hours: 9:30am–3pm 10am–2pm: Drop in Arts & Crafts 11:00am–12pm: NAMI: Family Support Group	20 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30pm–1:30pm: DBT Skills Group	21 Drop-in hours: 9:30am–3pm 10am–11am Anger Management 12:30pm–3pm: Game Day! Cards & Board Games!	22 CLOSED PANTRY WEEK
23 CLOSED	24 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30am–1:30pm: Workout w/Kacey!	25 Drop-in hours: 9:30am–3pm 9am–10am: Board Meeting 10am–11am: SMART Recovery Family & Friends 11am–12pm: Rock Painting with Kirsten 12:45pm–1:45pm: Mindful Miles: Walking Group– Planting Kindness Rocks	26 CLOSED 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.	27 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30pm–1:30pm: DBT Skills Group	28 Drop-in hours: 9:30am–3pm 10am–11am Anger Management 12:30pm–1:30pm: Mindful Readers (Book Club)	29 CLOSED
30 CLOSED	31 Drop-in hours: 9:30am–3pm 10am–11am: SMART Recovery (Addiction Support) 12:30am–1:30pm: Workout w/Kacey!	NEED SUPPORT? WE'RE HERE FOR YOU! PEER SUPPORT BY APPOINTMENT Monday–Friday 8:30 AM–4:30 PM DROP-IN HOURS Monday–Friday 9:30 AM–3:00 PM Stop in to socialize, use the computer lab or mini gym, join activities, or connect with a Peer Support Specialist. Call 231-398-0434 to schedule an appointment.				