

Manistee Friendship Society –December 2024 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-1pm- Christmas Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm: Mind Over Matter Healthy Weight Management 9am-3pm: NMCAA Housing Navigator	3 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Healing your Inner Child	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 12:30pm-1:30pm- DBT Skills Group Play Day @ the Ramsdel Theatre: “Matilda” Please call to sign up for event	6 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-1:30pm: Fresh Food Bingo	7 CLOSED
8 CLOSED	9 <u>Drop-in hours: 9:30am-3pm</u> 10am-1pm- Christmas Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm: Mind Over Matter Healthy Weight Management 9am-3pm: NMCAA Housing Navigator	10 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-1:30pm: Healing your Inner Child	11 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.	12 <u>Drop-in hours: 9:30am-3pm</u> 10am-1pm- Arts & Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	13 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 11:30am-12:30pm: Healthy Cooking Class	14 CLOSED
15 CLOSED MFS Pantry Week 	16 <u>Drop-in hours: 9:30am-3pm</u> 10am-1pm- Christmas Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm: Mind Over Matter Healthy Weight Management 9am-3pm: NMCAA Housing Navigator	17 <u>Drop-in hours: 9:30am-3pm</u> 9am-10am- Board Meeting 10am-11am-SMART Recovery Family & Friends 11am-12pm: LGBTQ+ Support Group 12:30pm-2pm: Christmas Paining Class w/ the gals. (Canvas, paint, supplies, and instruction provided 😊)	18 Christmas Luncheon 10am-2pm Massage Healing Day (Please call to make an appointment) 	19 <u>Drop-in hours: 9:30am-3pm</u> 10am-1pm- Arts & Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	20 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management Free Haircut Day (Please call to make an appointment)	21 CLOSED
22 CLOSED	23 <u>Drop-in hours: 9:30am-3pm</u> 10am-1pm- Christmas Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm: Mind Over Matter Healthy Weight Management 9am-3pm: NMCAA Housing Navigator	24 CLOSED Christmas Eve	25 CLOSED Merry Christmas!	26 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am-SMART Recovery 12:30pm-1:30pm- DBT Skills Group	27 <u>Drop-in hours: 9:30am-3pm</u> 10am-11am Anger Management 12:30pm-1:30pm: Fresh Food Bingo	28 CLOSED
29 CLOSED	30 <u>Drop-in hours: 9:30am-3pm</u> 10am-1pm- Arts & Crafts 10am-11am-SMART Recovery 12:30pm-1:30pm: Mind Over Matter Healthy Weight Management 9am-3pm: NMCAA Housing Navigator	31 CLOSED New Years Eve				

Lunch is served on weekdays @ noon unless otherwise noted.

- ♥ **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: Mind Over Matter Weight Loss Support Group: Let's get healthy together with our healthy weight management class/support group! What we eat, how much we move throughout the day, and the quality of our sleep can all impact our mental health. Let's embark on this journey as a team. 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 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 Chelsey Kott CRSS.
Afternoon: Healing your Inner Child: Become your own loving parent. Developing your reparenting skills may change your life. Learn practical tools to help you reparent yourself with gentleness, humor, love, and respect. Facilitated by Kirstin Kavanagh.
- ♥ **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 Skills Group: This group focuses on mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Call for more information. 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 Chelsey Kott CRSS.
Afternoon: Activities vary, see calendar on other side.

PEER SUPPORT, SOCIALIZING,
COMPUTER LAB & GYM
AVAILABLE MONDAY-FRIDAY
9:30AM-3PM!!

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

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 make an
appointment.