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| Manistee Friendship Society – January 2022 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** |
| 2  CLOSED | 3  **10am-11am-**SMART Recovery  **1pm-2pm-**Crafting w/friends-Beading | 4  **10am-11am-**SMART Recovery Family & Friends  **10am-12pm-** NMCAA Homeless Navigator:1-844-900-0500  **1pm-2pm:** Gym Buddies | 5  Suds Your Duds Laundry Program- MFS Members Only.  (Please call to make an appointment) | 6  **10:00am-11:00am-**Pathways to Recovery **11:30pm-12:45pm- Cooking Class, Fruit Salsa: sign up w/Cassandra**  **1:00pm-2:00pm-**DBT Skills ADVANCED Class | 7  **10:00am-11:00am**  Anger Management  **1:00pm-2:00pm**  **Movie & Ice-cream Sundae Bar** | 8  **CLOSED** |
| 9 CLOSED | 10  **10am-11am-**SMART Recovery  **1pm-2pm-**Crafting w/friends- Wood Painting | 11  **10am-11am-**SMART Recovery Family & Friends  **10am-12pm-** NMCAA Homeless Navigator:1-844-900-0500    **1pm-2pm:** Gym Buddies | 12  **9:00am-2:30pm: FREE HAIRCUT DAY-** Call to schedule an appointment. **10:00am-11:00am-** Creative Minds Journaling Class  **12:00pm-12:45pm-** Philosophy of Happiness | 13  **10:00am-11:00am-**Pathways to Recovery **11:30pm-12:45pm- Cooking Class, Broccoli Salad: sign up w/Cassandra**  **1:00pm-2:00pm-**DBT Skills ADVANCED Class | 14  **10:00am-11:00am**  Anger Management  **1:00pm-2:00pm**  **Support Bingo w/prizes** | 15 **CLOSED** |
| 16  CLOSED | 17  **CLOSED**  **Martin Luther King Jr. Day** | 18  **10am-11am-**SMART Recovery Family & Friends  **10am-12pm-** NMCAA Homeless Navigator:1-844-900-0500  **1:00pm-2:00pm-** **Beginners DBT Class** | 19  **10:00am-11:00am-** Creative Minds Journaling Class  **11:30am-** **MFS Consumer Council Meeting.**  **12:30pm-2:00pm-** Dating Safety/Consent Class- online & in-person | 20  **10:00am-11:00am-**Pathways to Recovery **11:30pm-12:45pm-Cooking Class, Greek Chickpea Salad: sign up w/Cassandra  1:00pm-2:00pm-**DBT Skills ADVANCED Class | 21  **10:00am-11:00am**  Anger Management  **1:00pm-2:00pm**  **Movie & Hot Cocoa/Cookie Bar** | 22 **CLOSED** |
| 23  CLOSED | 24  **10am-11am-**SMART Recovery  **1pm-2pm-**Crafting w/friends- Succulents | 25  **9am-10am-**Board Meeting  **10am-11am-**SMART Recovery Family & Friends  **10am-12pm-** NMCAA Homeless Navigator:1-844-900-0500  **1:00pm-2:00pm- Beginners DBT**  **Class** | 26  **Feeding America Mobile Food Bank 11am, located @ the Armory Youth Project-555 1st St. Manistee. Drive thru only. Call Dial a Ride @ 723-6525 to see if Free delivery is available for the month.**  SOCIALIZING, FOOD PANTRY, COMPUTER LAB & GYM AVAILABLE MONDAY-FRIDAY! 11:30am-3:00pm | 27  **10:00am-11:00am-**Pathways to Recovery **11:30pm-12:45pm- Cooking Class, Avocado Basil Salad: sign up w/Cassandra**  **1:00pm-2:00pm-**DBT Skills ADVANCED Class | 28  **10:00am-11:00am**  Anger Management  **1:00pm-2:00pm**  **Support Bingo w/prizes** | 29 |
| 30 | 31  **10am-11am-**SMART Recovery  **1pm-2pm-**Crafting w/friends: Recovery Posters |  |  |  |  |  |

**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.   
**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.

**MFS: Consumer Council Meeting:** A consumer- led group that meets every 3rd Wednesday of the month @ 11:30am. The meetings are open to anyone attending the Manistee Friendship Society, and provide participants with a collective platform to discuss their thoughts about our programs, city-wide issues, community resources and more.

**Thursdays:** **Morning:** Pathways to Recovery: Guides participants through a process of exploring their own recovery journey while creating a long-range vision for their lives. Participants will 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.

**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 & Sabrina Ceresia CPSS.

**Afternoon:** Activities vary, see calendar on other side.

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

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