




Drop-In



OPEN 10:00a to 3:00p	OPEN 10:00a to 3:00p	OPEN 3:30p to 8:00p	OPEN 11:00a to 4:00p	OPEN 3:30p to 8:00p	OPEN 1:00p to 6:00p	OPEN 10:00a to 3:00p
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
10:00 How u Doin? 10:15 Music Therapy 12:00 Snacks/Social 1:00 Games	10:00 How u Doin? 10:15 Music Therapy 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 Improving Your Mental Health 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Snacks/Social/Monthly Birthdays 1:00 CRSS Training - Session 4 (2.75 CEU) or Guest Choice	3:30 How U Doin' 4:00 Journal Group 5:00 Snacks/Social 5:30 Karaoke/Open Mic	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Escursion Morton Arboretum - Lisle (See Announcements) Please Call Drop-In for Reservations
7	8	9	10	11	12	13
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 "Move Your Body" at the RexPlex 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 Improving Your Mental Health 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Movie at Classic Cinemas in Elk Grove Village, Return by 4:00 PM	3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 5:30 Recovery Circle	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excurion Woodfield Mall - Schaumburg (See Announcements) Please Call Drop-In for Reservations
14	15	16	17	18	19	20
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 "Move Your Body" at the RexPlex 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 Improving Your Mental Health 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Snacks/Social 1:00 CRSS Training - Session 5 (2.75 CEU) or Guest Choice	3:30 How U Doin'? 4:00 Excursion: Forest Preserve Hike w/Mary Anne 6:00 Snacks/Social 6:30 Recovery Circle	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Bowling - Beverly Lanes - Arlington Heights (See Announcements) Please Call Drop-In for Reservations
21	22	23	24	25	26	27
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 "Move Your Body" at the RexPlex 12:00 Snacks/Social 1:00 Games	3:30 How U Doin'? 4:00 Improving Your Mental Health 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 Work Why Not? (Vocations for Recovery) 12:00 Snacks/Social 1:00 CRSS Training - Session 6 (2.75 CEU) or Guest Choice	3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Comedy Hour	1:00 Recovery Connection 2:00 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Friends and Family Day Bring Friends & Family Lunch: Sloppy Jo, etc. Feature Movie: Who Framed Roger Rabbit (See Announcements) Please Call Drop-In for Reservations
28	29	30	31	Visit the Kennethyoung.org website to see Drop-In Center activities, details, and other Kenneth Young Programming. For questions or more information, call your Drop-In Team at 847-621-2040 ext. 117 or just "drop in" @ 1585 W. Dempster St. Mt. Prospect, IL 60056. (located next to Culver's)		

All On-Site Kenneth Young Drop-In Center activities are **FREE** to registered guests



**This will be a place where individuals who have experienced mental illness create & operate an environment of support, socialization & self-direction. *must be 18 and over to attend.*