



Drop-In



Kenneth Young Drop In Center
(720 Dropin)
Recovery Drop-In Center
FEIN: 237181444

| 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 |
| | | | | 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Recovery Circle | 1:00 Recovery Connection 2:15 Art Therapy 4:00 Multimedia (Snacks will be available from 4:00 to 5:30) | Saturday Excursion Garfield Park Conservatory - Chicago (See Announcements) Please Call Drop-In for Reservations |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection | 10:00 How u Doin'? 10:30 Yoga 12:00 Snacks/Social 1:00 Mindfulness and Meditation 2:00 Guest Choice | 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night | 11:00 Music Therapy 12:00 Prep and Lunch/ February Birthday Celebrations 1:00 Work Why Not? (Vocations for Recovery) 2:00 Guest Choice | 3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle | 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30) | Saturday Excursion Ikea and Woodfield Green Shopping Center - Schaumburg (See Announcements) Please Call Drop-In for Reservations |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Special Suda Excursion Spring Valley - Schaumburg (See Announcements) Please Call Drop-In for Reservations | 10:00 How u Doin'? 10:30 Yoga 12:00 Snacks/Social 1:00 Mindfulness and Meditation 2:00 Guest Choice | 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night | 11:00 Work Why Not? (Vocations for Recovery) 12:00 Movie at Elk Grove Cinemas, return by 4:00 (See Announcements) | 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Journal Group | 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30) | Saturday Excursion Gurnee Mill Mall and Great Wolf Lodge - Gurnee (See Announcements) Please Call Drop-In for Reservations |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection | 10:00 How u Doin'? 10:30 Yoga 12:00 Snacks/Social 1:00 Mindfulness and Meditation 2:00 Guest Choice | 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night | 11:00 Work Why Not? (Vocations for Recovery) 11:45 Depart for Northlight Theatre/ "Selling Kabul" (See Announcements) | 3:30 How U Doin'? 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle | 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30) | Family and Friends Day Lunch at Noon: Baked Macaroni and Cheese and Cornbread Movie: "Batman v. Superman" (See Announcements) Please Call Drop-In for Reservations |
| 25 | 26 | 27 | 28 | 29 | | |
| 10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group | 10:00 How u Doin'? 10:30 Yoga 12:00 Snacks/Social 1:00 Mindfulness and Meditation 2:00 Guest Choice | 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night | 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice | 3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Comedy Night | Visit the kennthyoung.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 is 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.*