



DROP-IN

January 2022

Feel Free to Call the Drop-In at 847-621-2040 ext. 117

Announcements, Special Events & Excursions

Announcements: Visit the Kennethyoung.org website to see Drop-In Center activities, schedules and other Kenneth Young programming.

All On-Site Kenneth Young Drop-In Center activities are **FREE** to registered guests. Off-Site Excursions and Special Events are commonly free, however, some do have a minimal cost to you. *Please see details below.

For questions or more information call your Drop-In Team at 847-621-2040 ext. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

Special Announcement – Due to the rising number of COVID cases, the Drop-In Center will be temporarily closed at the beginning of the month. We are scheduled to re-open on Monday, January 10.

We will hold a daily, “structured” conference call at 1:30 PM each day. Anyone is welcome to join the call. The call-in number is 712-832-8330. The code to enter the call is 9580835. Please join us!

If you have an urgent need, please leave a message on the Drop-In Line, 847-621-2040 Ext. 117. A Recovery Support Specialist will return your call within 24 hour.

Be cautious, distance, wear a mask, and stay well.

Updates:

Happy New Year!

N.A.M.I. Connection: Each Sunday of the Month from 1:00PM – 2:30PM.

Leadership and Empowerment: Meets on the 2nd and 4th Thursday - have a say, increase confidence, share ideas, plan events and activities for you, the guests of the Kenneth Young Drop-In Center and our community. **We will meet at 4:00PM**

Work Why Not? - Weekly job group over Zoom with Kenneth Young Centers Elk Grove employment team. **Meets Wednesdays from 11:00AM-12:00PM**

Recovery Connection: Mental Health recovery focused class. **Meets Fridays at 1:00PM.**

Monthly Birthday Celebrations: Meets at **12:30PM** on the 1st Wednesday of the month. Celebrate your birthday with Drop-In. Enjoy cake, cards and fun as we celebrate all guests' birthdays from the current month.

Comedy Hour: Meets the last Thursday of each month from **6:00PM – 7:00PM** - Watch standup comedians on screen and bring your own jokes in to share.

Karaoke/Open Mic Night: Meets the first Thursday of each month from **5:30PM – 6:30PM**. Sing your favorite karaoke songs, play your instruments, tell jokes and entertain in front of the other guests.

Sunday Meditation: Meets each Sunday from **11:00AM – 11:40AM** – Practice guided, visualized, mindfulness and other meditations.

Mental Health Topics with Larry: Drop-In staff Larry will do a group series with topics related to mental health every **Monday at 12:30 PM**.

Special Events & Excursions

Saturday, January 29 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Subway will be served for lunch
- Feature movie is Iron Man
- You are strongly urged to bring Your Friends and Family
- Please RSVP to Drop-In in advance.