



DROP-IN May 2026

**Feel Free to Call the Drop-In at 847-621-2040 and dial “4” as prompted to reach the Drop-In Team
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 847-2040 ext. 4 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

Updates:
Mental Health Awareness Month

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a board-Certified music therapist. **Now we meet once every 3 months on one of the**

first Tuesdays of the Month. Meeting on May 12 at 7PM.

Meaning and Purpose – A group where we share about what gives us meaning and purpose. You can share and discuss songs, practices, experiences, values, goals, achievements and more that give you meaning and purpose. Meets on the second and fourth Mondays of the month.

CRSS Competency Training – Did you ever want to help people in their recoveries in a way others have helped you in yours. There is a professional credential for people who have been in recovery and want to help others with theirs. It is called the Certified Recovery Support Specialist Credential (CRSS) To earn the credential, you need a high school diploma (or the equivalent), 1.5-2 years of training, and to pass a qualifying exam or you can take 3 semesters of a grant funded Program (CRSS Success Program). See this website for more information on the program: <https://tinyurl.com/CRSSGRANT> (Tom can help you gather more information, if you are interested.)

Each year the Illinois Division of Behavioral Health and Recovery (DBHR) offers Competency Trainings for this credential. The meetings, 6 Wednesday afternoons, are now spread throughout the year instead of during the summer months. This session is a training module titled: Mentoring and Education When Working with Youth and Young Adults and there will also be a panel discussion. **Will be meeting will be May 13 from 1PM-4PM and guests will have the option to participate.**

Leadership and Empowerment: Meets **Thursday May 14 at 6:00pm (due to nature hike) and Thursday May 28 at 4PM** this month. 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.

Work, Why Not? Weekly job group where you will learn skills that will be useful even if you are not looking for a job. **Meets on Wednesdays at 11:15AM.**

Recovery Connection: Mental Health recovery focused class. **Meets Fridays at 1:15PM**

Monthly Birthday Celebrations: Meets at **12:00PM** on the **1st Wednesday of the month**. Celebrate your birthday with Drop-In. Enjoy cake and fun as we celebrate all birthdays from the current month.

NAMI Connection: NAMI Connection is a peer led support group where participants give and get support and get support by sharing their own experiences. The group meets on the 1st and 3rd Sundays of the Month. This month the group will meet on **Sunday May 3 and Sunday May 17.**

Monday Excursion – Prospect Plaza:

Prospect Plaza at 930 Mt. Prospect Plaza Mt. Prospect 60056. The Plaza features Walmart, Aldi, Burlington Coat Factory, Marshalls, Five Below, Dollar Tree, and other shops. Guests will find several options there for lunch also. This excursion will occur on **Monday May 11**. We will leave Drop-In at 10:30AM and return before 1PM.

Poetry Club – Bring poetry you want to share with the group. We will read the poetry and describe to others what the poem “means” to me. This group meets on **Thursdays at 6PM**.

Karaoke/Open Mic/Dance Party Night: Sing your favorite karaoke songs solo or with others and dance and get down! Or maybe you would rather recite poetry...any oratory is ok. Raffle tickets are given to win a \$10 gift card. **(Meets on Thursdays May 7 and May 21 at 4PM)**

Art Therapy: A trained art therapist will facilitate the group. Use art to learn about how you think, relate to others, understand the world around you, etc. **Meets on Friday May 8 at 2:00PM.**

Potluck Day: Each second Friday of the month guests are welcome to bring a dish/side/or dessert to share with everyone. **This month’s Potluck Day will be on Friday May 8 at 3:30PM.**

Work on Interpersonal Issues w/ Tom: Are you experiencing interpersonal issues (i.e., having trouble getting along with) another guest(s)? Or perhaps even a member of the Drop-In Staff? **From 1PM-3PM each Friday of the month, Tom will have open office hours to meet with guests individually.** In these meetings, Tom and guests will work together so that guests are empowered to work out these problems either on their own or with minimal assistance. Emphases will be placed on mentoring and advocacy.

Lunch: While a small snack is served every day, **guests are encouraged to bring a bag lunch.** A microwave oven is available for guests to use. Enjoy a full, homemade lunch each Wednesday (unless an excursion is scheduled). Guests are encouraged to assist in the preparation, cooking, and clean-up of the meal.

Dinner: While a small snack is served every day, **guests are encouraged to bring a bag dinner.** A microwave oven is available. Enjoy a homemade dinner each Tuesday. Guests are encouraged to assist in the preparation, cooking, and clean-up of the meal.

Special Events & Excursions

Saturday, May 3 – Lincoln Park Zoo – Chicago

- 2302 N Cannon Dr (Zoo parking lot)
- Lincoln Park Zoo is dedicated to connecting people with nature by providing a free, family-oriented wildlife experience in the heart of Chicago and by advancing the highest quality of animal care, education, science and conservation.
- We will leave Drop-In at 10:00am and return by 3:00pm
- Free to those who attend Drop-in (save approximately \$30 on parking)
- Please RSVP to Drop-In in advance

Friday, May 8 – Potluck – Mount Prospect

- 1585 W Dempster St
- It's a Potluck – please bring some food to share with everyone
- If possible, please let us know what you are bringing in advance
- May Potluck
- Potluck festivities will begin at about 3:30 – not before!
- Fill 'er up!

Saturday, May 9 – WhirlyBall – Vernon Hills

- 285 Center Dr
- WhirlyBall combines basketball, lacrosse, and hockey in bumper cars in a game of skill and chance
- 11am to 12pm consisting of 10 minute interval games plus an initial rules explanation
- Free to those who attend Drop-in (save about \$30.00 per person)
- We will leave Drop-in by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance

Tuesday, May 12 – Music Therapy – Mount Prospect (at Drop-In)

- 1585 W Dempster St
- Music Therapy is from 7pm-8pm
- With Payton, certified music therapist

Thursday, May 14 – Spring Hike with Mary Anne – To be Determined

- To be Determined
- Nature hike and education provided by Mary Anne Enriquez
- **Special Hours: 2:00pm to 7:00pm**
- The van will leave Drop-In at 2:15pm and return about 5:00pm
- **Van seating is limited to 7 guests**
- RSVP required, please RSVP to Drop-In

Saturday, May 16 – Long Grove Chocolate Fest – Long Grove

- 230 Robert Parker Coffin Rd (801 McHenry Rd., Buffalo Grove, IL 60089 - Shuttle Drop Off & Pick Up: Archer Rd. between Fountain Square and the Carnival)
- Annual spring festival in historic Long Grove village, featuring an array of chocolate-infused foods from classic fudge, unique creations like chocolate BBQ sauce, treats, and drinks from local vendors.
- Live entertainment
- Free to those that attend Drop-In (Save \$7.00 on entry ticket)

Wednesday, May 18 - CRSS Competency Training Session 3 – Mount Prospect

- 1585 W Dempster St
- Webex meeting for those who wish to learn more about recovery support and earn continuing education units that can be used to obtain or recertify the Certified Recovery Support Specialist Credential
- Meeting will run from 1pm-4pm
- Guests who choose not to participate in CRSS Competency training may pursue another activity of their choice, quietly

Wednesday, May 20 – Classic Cinemas – Elk Grove Village

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- Drop-In will purchase movie tickets (Save \$7.00 per person)
- Guests are responsible for purchase of own snacks
- Please RSVP to Drop-In in advance
- Cash and credit card payments accepted (\$5 minimum for all credit card transactions)

Saturday, May 23 – Hope Has a Home Party/Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Chicken Fingers and Fish Sticks served at 12pm noon
- Sidewalk chalk decorating
- Rummikub and Uno tournaments with a prize and certificate
- Karaoke
- You are strongly urged to bring your Friends and Family
- Please RSVP to Drop-In in advance.

Monday, May 26 – Memorial Day Barbecue – Mount Prospect

- 1585 W Dempster Street
- Celebrating family and friends and honoring military lives
- Bratwurst, burgers & veggie burgers served at approximately 12pm
- YouTube video celebrating Memorial Day
- Drop-In will provide a document listing the freedoms we have
- RSVP required, please RSVP to Drop-In in advance

Saturday, May 30 – KYC Hustle for Health 5K Run/Walk – Elk Grove Village

- Busse Woods – Grove 27
- 25 Years of Move-ment. 55 Years of Impact.
- **Special Hours for Drop-In: 8:30am-1:30pm**
- Check-in starts at 9:00am. The walk/run step off time is at 10am
- We will depart the Drop-In Center at 8:40am and return by 1:30pm
- Come as walker, runner, cheerleader, and/or as a fundraiser
- Register at the Drop-In/Online: <https://give.kennethyoung.org/2026>
- Join our fundraising Team **Drop-In Peers**
- Register with staff and we will pay for the registration (save \$10)
- Food Trucks on site - we will stay at the event for lunch
- Please RSVP to Drop-In in advance