DROP-IN
November 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:

Native American Heritage Month and Men's Mental Health Month

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a board-Certified music therapist. **Meets once every 3 months on the first Tuesdays of the Month. Will meet Tuesday November 3 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 the grant funded CRSS Success Program. See this website for more information on the program: https://tinyurl.com/CRSSGRANT (Staff 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 are now spread throughout the year instead of during the summer months. **Will meet November 4th from 1PM-4PM and guests will have the option to participate or do activities of their choice.**

Leadership and Empowerment: Meets **Thursday November 12th at 1:15 PM and Thursday November 26th at 4:00 PM** 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 November 1st and Sunday November 15th.**

Poetry Club – Bring poetry you want to share with the group. We will read poetry and discuss its meaning and messages. 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 November 5th and November 19th 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.

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 November 13th at around 3:00PM.**

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

Wednesday, November 4th – CRSS Competency Training Session 6 – 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.

Saturday, November 7th – Lizzadro Museum of Lapidary Art and pickup of Bingo kit at Mount Prospect Library – Oak Brook and Mount Prospect

- 1220 Kensington Rd and 10 S Emerson St
- Pick up kindness themed bingo kits at the Mount Prospect Library then head to the museum.
- This museum brings to life the art of transforming raw gemstones into exquisite masterpieces. You can admire ancient carvings, contemporary jewelry, and geological specimens.
- Free to those who attend Drop-In
- We will leave Drop-in by 10:15 and return by 3pm
- Please RSVP to Drop-In in advance

Monday, November 9th – Music Therapy – At Drop-In

- 1585 W Dempster St
- Music Therapy is from 11am-12pm
- Music therapist Payton leads us with a variety of instruments and activities
- Registration not needed

Wednesday, November 11th – 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)

Friday, November 13th – 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
- October Potluck
- Potluck festivities will begin at about 3:00PM

Saturday, November 14th - Nickle City Extreme – Northbrook

- 555 Waukegan Rd
- Standby video arcade with nostalgic games, prizes, and snacks
- We will leave drop in at 10:15 and return at 2:30 pm
- Free to those who attend Drop-In (save 2.00 per person)
- Please RSVP to Drop-In in advance

Saturday, November 21st – Thanksgiving Dinner at Christus Victor – Elk Grove

- 1045 S. Arlington Heights Rd
- 11:30am Seating – We will leave here at 11am
- Bountiful, traditional Thanksgiving Feast with hand carved turkey, homemade stuffing, gravy, green bean casserole, cranberry sauce, corn, mashed potatoes, rolls, and dessert
- Please RSVP to Drop-In in advance (19 tickets available)

Thursday, November 26th – Thanksgiving Day Celebration – Mount Prospect

- 1585 W Dempster St
- **Special Hours 10am – 3pm**
- Serving Turkey, mashed potatoes, sweet potatoes, green bean casserole, and dressing/stuffing
- Veggie tray and salad also available
- Seasonal DVDs and a YouTube parade
- Please RSVP to Drop-In in advance

Saturday, November 28th – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Serving Sloppy Joes and Tater Tots
- You are strongly urged to bring your Friends and Family
- A movie will be shown
- Please RSVP to Drop-In in advance