
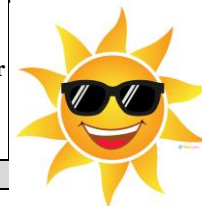


OPEN 10:00a to 3:00p	OPEN 10:00a to 3:00p	OPEN 3:30p to 8:00p	OPEN 11:00a to 4:00p	OPEN 3:30p to 8:00p	OPEN 1:00p to 6:00p	OPEN 10:00a to 3:00p
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Visit the kennthyoung.org website to see Drop-In Center activities, details, and other Kenneth Young 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).					Saturday Excursion Wagner Farm - Glenview (See Announcements) Please Call Drop-In for Reservations	
2	3	4	5	6	7	8
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 Bingo 12:00 Snacks/Social 1:00 Yoga, 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	11:15 Music Therapy 12:00 Prep and Lunch/ June Birthdays Celebrations 1:00 Work Why Not? (Vocations for Recovery) 2:00 Guest Choice	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 Heider's Berry Farm - Woodstock (See Announcements) Please Call Drop-In for Reservations
9	10	11	12	13	14	15
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	10:00 How u Doin'? 10:30 Library Excursion/Lunch Out 1:00 Yoga, 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 How u Doin'? 11:30 Prep and Lunch 1:00 CRSS Training or 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 Art Therapy 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion KYC Pop-Up LGBTQ+ Pride Fest or Shopping - Schaumburg (See Announcements) Please Call Drop-In for Reservations
16	17	18	19	20	21	22
10:00 How u Doin'? 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	10:00 How u Doin'? 10:30 Bingo 12:00 Snacks/Social 1:00 Yoga, 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 4PM Please Call Drop-In for Reservations	3:30 How U Doin'? 4:00 Karaoke 5:00 Snacks/Social 6:00 Leadership and Empowerment	1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion Special Hours 9a-2p KYC Hustle for Health - Elk Grove Village (See Announcements) Please Call Drop-In for Reservations
23/30	24	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 Library Excursion/Lunch Out 1:00 Yoga, 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 How u Doin'? 11:30 Prep and Lunch 1:00 CRSS Training or Guest Choice	Special Hours 2p-7p Excursion - Nature Walk at the Grove - Glenview (See Announcements) Please Call Drop-In for Reservations	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: Veggie Pizza Movie: Oceans 12 (See Announcements) Please Call Drop-In for Reservations

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.*