

# Mother's Day Drop-In



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
<b>1</b> 10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	<b>2</b> 10:00 How u Doin'? 10:15 <b>Music Therapy</b> 12:00 Snacks/Social 12:30 <b>Chair Yoga</b> 1:00 Games	<b>3</b> 3:30 How U Doin' 4:00 <b>Improving Your Mental Health</b> 5:00 Snacks/Social 6:00 Movie and Popcorn Night	<b>4</b> 11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 How U Doin'? 12:30 Snacks Social/ 1:00 <b>Monthly Birthdays</b> 1:00 Guest Choice	<b>5</b> 3:30 How U Doin'? 4:00 <b>Journal Group</b> 5:00 Snacks/Social 5:30 <b>Karaoke/Open Mic</b>	<b>6</b> 1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	<b>7</b> Saturday Escursion <b>AMC Theater Streets of Woodfield - Schaumburg</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>8 - Mother's Day</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>"Move Your Body" at the RexPlex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Improving Your Mental Health</b> 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 How U Doin'? 12:30 Snacks Social 1:00 Guest Choice	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:00 Snacks/Social 6:00 Recovery Circle	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excurion <b>Volo Auto Museum - Volo</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>"Move Your Body" at the RexPlex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin' 4:00 <b>Improving Your Mental Health</b> 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 <b>Movie at Classic Cinemas in Elk Grove Village, Return by 4:00 PM</b>	3:30 How U Doin'? 4:00 <b>Journal Group</b> 5:00 Snacks/Social 5:30 Recovery Circle	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Bowling - Location to be Determined</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>"Move Your Body" at the RexPlex</b> 12:00 Snacks/Social 1:00 Games	3:30 How U Doin'? 4:00 <b>Improving Your Mental Health</b> 5:00 Snacks/Social 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 How U Doin'? 12:30 Snacks Social 1:00 Guest Choice	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:00 Snacks/Social 6:00 <b>Comedy Hour</b>	1:00 <b>Recovery Connection</b> 2:00 <b>Creative Arts</b> 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	<b>Family &amp; Friends Day</b> <b>Hope Has a Home Party</b> Lunch - Sloppy Joe and Tater Tots Raffles, Games, Craft Feature Movie - "Big" (See Announcements) <b>Please call Drop-In for Reservations</b>
<b>29</b>	<b>30 - Memorial Day</b>	<b>31</b>				
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	<b>Memorial Day Cookout</b> Burgers, Dogs, and all the Fixin's Raffles, Games and Prizes (See Announcements) <b>Please call Drop-In for Reservations</b>	3:30 How U Doin' 4:00 Improving Your Mental Health 5:00 Snacks/Social 6:00 Movie and Popcorn Night	 <p><b>May is Mental Health Awareness Month</b> <small>fb.com/TraumaAndDissociation</small></p>		Visit the Kennethyoung.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 will be 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.*

