



## **DROP-IN April 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](http://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. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

**Updates:**  
National Stress Awareness Month  
Move More 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 the**

**first Tuesday of the Month (not meeting in April.) Next meeting will be May 5 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 not meet in April. Next meeting will be May 18 from 1PM-4PM and guests will have the option to participate.**

**Leadership and Empowerment:** Meets **Thursday April 9 at 4pm and Thursday April 23 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 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the Month. This month the group will meet on **Sunday April 5 and Sunday April 19.**

**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 April 13 and Monday April 27**. 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 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 Thursday, April 2 at 4PM and Thursday, April 30 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 April 10 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 April 10 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, April 4 – Wagner Farm and Walker Brothers Pancake House – Glenview**

- 1510 Wagner Rd and 1615 Waukegan Rd
- Historic Farm with livestock, farmland, tractors and a gift shop
- Glenview Park District Farm
- Brunch after the farm
- 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

### **Wednesday, April 8 – 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, April 10 – 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
- April Potluck
- Potluck festivities will begin at about 3:30 – not before!
- Fill 'er up!

### **Saturday, April 11 – Dave and Busters – Schaumburg**

- 601 N Martingale Rd
- Sports, Arcade and dining area
- Free to those who attend Drop-In (Save \$30 per person)
- We will leave Drop-in by 10:15 and return by 3pm
- Please RSVP to Drop-In in advance

### **Thursday, April 16 – Spring Hike with Mary Anne – Elk Grove Village**

- Busse Woods Forest Preserve - Beisner Rd access- Picnic Grove 32
- 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, April 18 – Pottery Painting – To Be Determined**

- New Location to Be Announced
- Ceramic Painting, choose from a variety of seasonal and fun pieces
- Free to those who attend Drop-In (Save \$15-25 per person)
- We will leave Drop-in by 10:15 and return by 3pm
- Please RSVP to Drop-In in advance

### **Saturday, April 25 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring your Friends and Family
- Pizza will be served
- Featured Movie: Top Gun
- Please RSVP to Drop-In in advance