



DROP-IN

February 2025

**Feel Free to Call the Drop-In at 847-621-2040 ext. 117
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. 117 or just "drop in" @ 1585 W. Dempster St. Mount Prospect, IL 60056 (located next to Culvers)

Updates:

W.R.A.P. (Wellness Recovery Action Planning): Develop a personal plan to manage symptoms and help you stay well or get well and create the life you want. Guests attending WRAP are urged to commit to attending this group each Friday. This group meets Fridays 2:30pm to 4:30pm

Leadership and Empowerment: Meets **Thursday February 13 and Thursday February 27 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, except Wednesday, February 12 due to the movie excursion.**

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 (**February 5, this 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 by sharing their own experiences. The group meets on the 1st and 3rd Sundays of the Month from 1pm to 2:30pm. This month the group will meet on February 2nd and 16th.

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. In February, this excursion will occur on Mondays the 10th and 24th we are leaving Drop-In at 10:30am and will return by 1pm.

Questions and “Popcorn” Group: Guests enjoy answering “get to know you type” questions. After sharing their answers, guests may “popcorn” the same opportunity to another guest. **This group meets each Tuesday at 4PM.**

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 for performing to win a \$10 gift card. **(Meets on Thursday, February 6 at 4pm and will not meet on Thursday, February 20 due to The Art Institute of Chicago Excursion)**

Music Therapy: Enjoy and benefit from 45 minutes of music therapy from a Board-Certified Music Therapist. **Meets the 2nd Tuesday of the month at 7:15pm – February 11 this month.**

Art Therapy: An art therapist will facilitate the group. Use art to learn something about how you think, relate to others, understand the world around you, etc..
Date for this month to be announced.

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 February 14.**

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 1Ppm-2:30pm 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.

Comedy Hour: Guests have the opportunity to “stand up” and share some jokes of their own or jokes they have found elsewhere. Each guest who shares a joke or jokes will receive a raffle ticket which may result in them winning a \$10 Gift Card. In Comedy Group, we will also view a professional comedian on YouTube or some other medium. **This group will meet Thursday, February 27 at 6:15pm this month.**

Journal Group: Given journal prompts, guests will have the opportunity to write in their journal as a means of reflection and meaning-making. Guest will also be able to share and discuss with the larger group if they desire. **This group will meet on Thursday, February 6 at 6:30pm this month.**

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, February 1 – American Science and Surplus and Pizza Slice – Park Ridge

- 27 N. Northwest Hwy and 516 W Higgins Rd
- American Science and Surplus sells science kits, educational games and toys, school supplies, arts and crafts, hobby tools & electronics
- One Pizza Slice Paid for by Drop-In at Sputinos/ another restaurant
- Free to those that attend Drop-In (Save \$4 to \$4.50 on pizza slice)
- We will leave Drop-In by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance

Saturday, February 8 – Yorktown Mall and Krispy Kreme – Lombard and Elk Grove Village

- 203 Yorktown Shopping Center
- Located in Chicago's western suburbs, visitors enjoy the convenience and selection of Yorktown Center for shopping, dining, fitness and entertainment. You'll find the latest trends from popular brands, including H&M, HomeGoods, Eddie Bauer, Von Maur, Forever 21, Target, and LOFT. There's a restaurant for every craving and occasion. Come enjoy a meal at Ancho & Agave, Empire Burgers + Brew, Honey Berry Pancakes & Café.
- Mall shopping followed by Krispy Kreme Factory
- See the donuts getting made and have one or two!
- Drop-In will buy two dozen donuts for Drop-In guests.
- Free to those who attend Drop-In (Save on Donuts)
- Please RSVP to Drop-In in advance

Wednesday, February 12 – Classic Cinemas – Elk Grove Village

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- Drop-In will purchase movie tickets (Save \$6.00 per person)
- Guests are responsible for purchase of own snacks
- Please RSVP to Drop-In in advance

Friday, February 14 – Valentines Party – Mount Prospect

- 1585 W Dempster St
- Cookie decorating activity and February Potluck Day
- Add things you're thankful for to the Gratitude Heart Tree
- Please RSVP to Drop-In in advance

Saturday, February 15 – Thrift Stores and Pizza Slice at Garibaldi's – Arlington Heights

- 955 E Rand Rd, 250 W Rand Rd and 1960 N Arlington Heights Rd
- Community Threads and ReStore
- Thrift for Clothes, Games, CD's, DVD's electronics, furniture, tools and household items
- One Pizza Slice Paid for by Drop-In at Garibaldi's
- Free to those who attend Drop-In (Save \$5-\$6.80 on pizza slice)
- Van seating is limited

Thursday, February 20 – Art Institute – Chicago

- 111 South Michigan Avenue
- **Depart Drop-In at 3:45pm**
- The Art Institute of Chicago is a world-renowned art museum and school that houses one of the largest art collections in the United States:
 - **Collection**
 - The museum's collection includes over 300,000 works of art from across cultures, time periods, and mediums. The museum's collection is particularly strong in:
 - Impressionist and Post-Impressionist painting
 - Early 20th-century European painting and sculpture
 - Contemporary art
 - Japanese prints
 - Photography
- Museum visit to honor Presidents Day past Monday February 17th
- Free Day at the Museum (Group saves \$30 on parking)
- **Van seating limited to 7 guests through a random name lottery**

Saturday, February 22 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring your Friends and Family
- Serving Quesadillas and guacamole
- Featured Movie will Fever Pitch
- Please RSVP to Drop-In in advance