



DROP-IN March 2026

**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:
Problem Gambling Awareness Month (PGAM)

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 March.)** 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 2 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 meet on March 18 from 1PM-4PM and guests will have the option to participate.**

Leadership and Empowerment: Meets **Thursday March 12 at 4pm and Thursday March 26 at 6PM** 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 March 1 and Sunday March 15.**

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 March 9 and Monday March 23**. 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, March 5 at 4PM and Thursday, March 19 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 March 29th 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 March 13 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, March 7 – Lambs Farm - Libertyville

- 14245 W. Rockland Rd
- Pet store, café, bakery, greenhouse, and thrift shop
- Free excursion
- We will leave Drop-in by 10:15AM and return by 3:00PM
- Please RSVP to Drop-In in advance

Wednesday, March 11 – 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, March 13 – 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
- March Potluck
- Potluck festivities will begin at about 3:30 – not before!
- Fill 'er up!

Saturday, March 14 – DuPage Comic Con 2026 – Wheaton

- DuPage County Fairgrounds Building 1 (VV88+JGR)
- Over 150 Comic Book Dealers, Toy/Collectible/TCG Vendors, Artists, and Guests!
- Food available to purchase at The Snoozle Cafe on site
- Free to those who attend Drop-In(save \$10 per person)
- Excursion limited to 8 guests
- We will leave Drop-in by 10:15 and return by 3pm
- Please RSVP to Drop-In in advance

Tuesday, March 17 – Shamrockin’ Drop-In Anniversary – Mount Prospect

- 1585 W Dempster St
- Celebrating 11 years of Drop-In!
- Optional Color Coordinated Clothes Day: Wear Green to join in
- A night of memories and appreciation
- Card making, Drop-In questions game, karaoke and small gifts
- Shamrock Cookies - decorating
- Catered food will be served
- Please RSVP to Drop-In in advance

Wednesday, March 18 - CRSS Competency Training Session 2 – Mount Prospect

- 1585 W Dempster St
- Webex meeting focused on Mentoring and Education When Working with Youth and Young Adults plus a panel discussion
- 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, March 21 – Bowling at Beverly Lanes – Arlington Heights

- 8 S Beverly Ln
- Three Lanes and two games of Bowling for the group
- Free to those who attend Drop-in (save \$5.00 per person)
- We will leave Drop-in by 10:15am and return by 3pm
- First, we will go to a voted restaurant and store then bowl at 12pm
- Please RSVP to Drop-In in advance

Thursday, March 26 – Spring Hike with Mary Anne – Location TBD

- To be determined – please call for information
- 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, March 28 – Family and Friends Day – Mount Prospect

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring your Friends and Family
- Loaded baked potatoes will be served
- Featured Movie: The Wizard of Oz
- Please RSVP to Drop-In in advance