



## **DROP-IN April 2025**

**Feel Free to Call the Drop-In at 847-621-2040 ext. 117  
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 847-621-2040 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 Plan):** 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 (Exception – Wrap will not meet on Friday April 11 due to Art Therapy)

**Leadership and Empowerment:** Meets **Thursday April 10 and Thursday April 24 at 4PM** this month. - Have a say, increase confidence, share ideas, plan the events and activities that you and guests of the Kenneth Young Drop-In Center Community may participate in.

**Work, Why Not?** Weekly job group where you will learn skills that will be useful to you even if you are not interested in working. **Meets on Wednesdays at 11:15am, except Wednesday, April 9 due to the movie excursion.**

**Recovery Connection:** Mental Health recovery focused class. **Meeting Fridays at 1:15pm.**

**Monthly Birthday Celebrations:** Meets at **12:00pm** on the 1st Wednesday of the month (**April 2, this month.**) Celebrate your birthday and the birthdays of others with Drop-In. Enjoy cake and fun as we celebrate all birthdays from the current month.

**NAMI Connection:** NAMI Connection is a support group where participants give and get support by sharing their own experiences. It is open to anyone 18 and older, living with a mental health challenge. NAMI's support groups are free, peer-led follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need. The group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Sundays of the Month from 1pm to 2:30pm. This month the group will meet on April 6<sup>th</sup> and 20<sup>th</sup>. Yes, we are meeting on Easter Sunday, April 20.

**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 as well. In March, this excursion will occur on Mondays the 14<sup>th</sup> and 28<sup>th</sup> we are leaving Drop-In at 10:30am and will return by 1pm.

**Karaoke/Open Mic:** 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, so that you have a chance to win a \$10 gift card. **(Meets on Thursdays, April 3<sup>rd</sup> this month.)**

**Art Therapy:** An art therapist will facilitate the group. Use art to learn about how you think, relate to others, understand the world around you, etc.. **This group will meet on Friday, April 11 at 2:15p this month.**

**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 11. We will begin Potluck Festivities at about 3:30p – not before!**

**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.

**Communication Group:** This group, lead by Zjennai Vang, Living Room Supervisor, aims to help participants enhance communication skills, set and maintain healthy boundaries, and build stronger, healthier relationships. It provides a safe and supportive environment to share experiences, gain insights, and practice new skills. **This group will meet every Thursday at 6p.**

**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 5 – Art Füzd - Schaumburg**

- 1475 W. Schaumburg Rd
- Clay pottery painting with a limited number of selections
- Your work will be kiln fired and picked up by Drop-In
- Free to those who attend Drop-In (Save \$10.00 per person)
- We will leave Drop-in by 10:15AM and return by 3:00PM
- Please RSVP to Drop-In in advance

### **Wednesday, April 9 – Classic Cinemas – Elk Grove Village**

- 1050 Arlington Heights Rd
- Arrive to Drop-In by 11am
- To find out what movie we will be seeing, call Drop-In on Tuesday, April 8
- 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, April 11 – Potluck – Mount Prospect**

- 1585 W Dempster St
- It's a Potluck – please bring some food to share with everyone
- April Potluck
- Potluck festivities will begin at about 3:30 – not before!

### **Saturday, April 12 – Bowling at River Rand – Des Plaines**

- 191 S Des Plaines River Rd
- 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
- Please RSVP to Drop-In in advance

### **Tuesday, April 15 – Egg Hunt – Mount Prospect**

- 1585 W Dempster St
- Eggs will be hidden throughout Drop-In
- There might even be prizes in some of those eggs!
- A slip of paper with a clue on it will be given to each guest
- Please RSVP to Drop-In in advance

### **Thursday, April 17 – Walk with Mary Anne – Elk Grove**

- Busse Woods- Grove 32
- **Special Hours 2:30pm-7:00pm**
- Walk along the 1.5-mile walk (Alternative to walking is sitting under a pavilion)
- We will leave Drop-In at 2:45pm and be back by 5:30pm
- Van seating is limited to 6 guests
- Please RSVP to Drop-In in advance

### **Saturday, April 19 – Park Ridge Library, Park and Shops– Park Ridge**

- 20 S Prospect Ave
- Look around Park Ridge library and its attached park
- We will also visit shops and restaurants in downtown Park Ridge
- We will leave Drop-in by 10:15am and return by 3pm
- Please RSVP to Drop-In in advance

### **Saturday, April 26 – Family and Friends Day – Mount Prospect**

- 1585 W Dempster St
- Family and Friends Day!
- You are strongly urged to bring your Friends and Family Members
- Come and socialize, play games or cards, do crafts, etc. It's lots of fun!
- Serving Burgers, Veggie Burgers and Fries
- Featured Movie will be Sandlot
- Please RSVP to Drop-In in advance

### **Sunday, April 27 – Earth Day at Spring Valley – Schaumburg**

- 1111 E Schaumburg Rd
- Birdhouse building, wildflower plantings, worm composting demonstrations, seed bomb-making and launching, crafts, a live hawk and owl display, face painting
- Be sure to also visit Heritage Farm to learn about beekeeping, heirloom gardening, and other traditional ways of living simply and sustainably. Tractor drawn wagon rides will transport from nature center to Farm.
- We will leave Drop-In at 11:15am and be back by 3:00pm
- Free to those who attend Drop-In (Save \$3 per person)
- Van seating is limited to 7 guests
- Please RSVP to Drop-In in advance