


Drop-In



All On-Site
Kenneth Young
Drop-In Center
activities are
FREE to
registered guests

<i>OPEN 10:00a to 3:00p</i>	<i>OPEN 10:00a to 3:00p</i>	<i>OPEN 3:30p to 8:00p</i>	<i>OPEN 11:00a to 4:00p</i>	<i>OPEN 3:30p to 8:00p</i>	<i>OPEN 1:00p to 6:00p</i>	<i>OPEN 10:00a to 3:00p</i>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:00 How You Doin'? 11:00 Exploring Spirituality 12:00 Lunch/Social 01:00 NAMI Connection	10:00 Get Fit Club- OFF SITE -Please <u>CALL for Details</u> We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	03:30 How You Doin'? 04:30 Helping Hands 05:30 Dinner/Social 06:30 Recovery Circle	Guest Choice: Please come join us for art, music, games, friendship, and socialization. Lunch will be at approx. noon	Excursion: Art Institute of Chicago <u>(See Flyers)</u> <u>Please Call for Details & to RSVP</u>	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Excursion: American Science and Surplus (See Flyers) <u>Please CALL for Details & to RSVP</u>
8	9	10	11	12	13	14
10:00 How You Doin'? 11:00 Breakfast 12:00 Guest Choice	10:00 Get Fit Club- OFF SITE -Please <u>CALL for Details</u> We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	03:30 How You Doin'? 04:30 Helping Hands 05:30 Dinner/Social 06:30 Recovery Circle	Guest Choice: Please come join us for art, music, games, friendship, and socialization. Lunch will be at approx. noon	03:30 How You Doin'? 04:30 Leadership and Empowerment 05:30 Dinner/Social 06:00 Movie and Popcorn	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Excursion: The Grove (See Flyers) <u>Please CALL for Details & to RSVP</u>
15	16	17	18	19	20	21
10:00 How You Doin'? 11:00 Exploring Spirituality 12:00 Lunch/Social 01:00 NAMI Connection	10:00 Get Fit Club- OFF SITE -Please <u>CALL for Details</u> We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	03:30 How You Doin'? 04:30 Helping Hands 05:30 Dinner/Social 06:30 Recovery Circle	Excursion: Classic Cinemas <u>(See Flyers)</u> <u>Please Call for Details & to RSVP</u>	03:30 How You Doin'? 04:30 Music for the Mind 05:30 Dinner/Social 06:30 Guest Choice	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media *Snacks will be available from 4:30 to 5:30	Excursion: Elk Grove Bowl (See Flyers) <u>Please CALL for Details & to RSVP</u>
22	23	24	25	26	27	28
10:00 How You Doin'? 11:00 Breakfast 12:00 Guest Choice	10:00 Get Fit Club- OFF SITE -Please <u>CALL for Details</u> We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	03:30 How You Doin'? 04:30 Helping Hands 05:30 Dinner/Social 06:30 Recovery Circle	Guest Choice: Please come join us for art, music, games, friendship, and socialization. Lunch will be at approx. noon	03:30 How You Doin'? 04:30 Leadership and Empowerment 05:30 Dinner/Social 06:00 Movie and Popcorn	1:00 Vocations for Recovery (Job Club) 2:00 Creative Arts 4:00 Multi Media * Snacks will be available from 4:30 to 5:30	Friends and Family Day Movie: "Of Two Minds" and discussion Please CALL for details & to RSVP
29	30					
10:00 How You Doin'? 11:00 Breakfast 12:00 Guest Choice	10:00 Get Fit Club- OFF SITE -Please <u>CALL for Details</u> We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness					
<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)</p>						

Come join us @ the Drop-In-meet new people, go on trips in your community, get creative with art, have fun with Recovery, join educational classes, feel supported and welcomed as our guest.

**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*