



Drop-In

MARCH

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

OPEN 10:00a to 3:00p	OPEN 10:00a to 3:00p	OPEN 3:30p to 8:00p	OPEN 11:00a to 4:00p	OPEN 3:30p to 8:00p	OPEN 1:00p to 6:00p	OPEN 10:00a to 3:00p
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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)				3:30 How U Doin' 4:00 Music for the Mind 6:00 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	Saturday Excursions Mini Golf at the Mt. Prospect Library <u>Please CALL for Details & to RSVP</u>
						
4	5	6	7	8	9	10
10:00 How U Doin' 11:00 Exploring Spirituality 12:00 Lunch/Social 1:00 NAMI Connection	10:00 Get Fit Club- OFF SITE-Please CALL for Details We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How You Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle	11 to 4 Guest Choice - Cooking, socialization, Drop-In Art Studio, Games, Music, Fun, and Friendship	3:30 How U Doin' 4:00 Leadership & Empowerment 5:30 Movie & Popcorn Night	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	Saturday Excursions Wolff's Flea Market, and Shopping (See Flyers) <u>Please CALL for Details & to RSVP</u>
11	12	13	14	15	16	17
10 to 3 10:00 How You Doin' 11:00 Breakfast 12:00 Guest Choice	10:00 Get Fit Club- OFF SITE-Please CALL for Details We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How You Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle	11 to 4 Guest Choice - Cooking, socialization, Drop-In Art Studio, Games, Music, Fun, and Friendship	BIG 3 YEAR ANNIVERSARY PARTY! 3:30 to 8 Live Music, Food, and Fun (RSVP to Drop-In)	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	Saturday Excursions Bowling-Elk Grove (See Flyers) <u>Please CALL for Details & to RSVP</u> 
18	19	20	21	22	23	24
10:00 How U Doin' 11:00 Exploring Spirituality 12:00 Lunch/Social 1:00 NAMI Connection	10:00 Get Fit Club- OFF SITE-Please CALL for Details We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How You Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle	Excursion - Classic Cinemas Please Call Drop-In to RSVP or for more details.	3:30 How U Doin' 4:00 Leadership & Empowerment 5:30 Movie & Popcorn Night	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	Saturday Excursions The Awakenings Project (See Flyers) <u>Please CALL for Details & to RSVP</u>
25	26	27	28	29	30	31
10 to 3 10:00 How You Doin' 11:00 Breakfast 12:00 Guest Choice	10:00 Get Fit Club- OFF SITE-Please CALL for Details We will return by Noon for: 12:00 Lunch/Social 1:00 8 Dimensions of Wellness	3:30 How You Doin' 4:30 Helping Hands 5:30 Dinner/Social 6:30 Recovery Circle	11 to 4 Guest Choice - Cooking, socialization, Drop-In Art Studio, Games, Music, Fun, and Friendship	3:30 How U Doin' 4:00 Music for the Mind 6:00 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	Family and Friends Day Movie and Discussion "E.T."

**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*