

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 kennthyoung.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).					1 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	2 Saturday Excursion Lambs Farm - Libertyville (See Announcements) Please Call Drop-In for Reservations
3 10:00 How u Doin'?' 11:00 Guided Meditation 12:00 Snacks/Social 1:00 NAMI Connection	4 10:00 How u Doin'?' 10:30 Bingo 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	5 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	6 11:00 Music Therapy 12:00 Prep and Lunch/ February Birthday Celebrations 1:00 Work Why Not? (Vocations for Recovery) 2:00 Guest Choice	7 3:30 How U Doin'?' 4:00 Karaoke 5:00 Snacks/Social 6:00 Recovery Circle	8 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	9 Saturday Excursion Bowling - Arlington Heights (See Announcements) Please Call Drop-In for Reservations
10 10:00 How u Doin'?' 11:00 Guided Meditation 12:00 Snacks/Social 1:00 Gratitude Group	11 10:00 How u Doin'?' 10:30 Library Excursion 12:00 Snacks/Social 1:00 Mindfulness and Meditation 2:00 Guest Choice	12 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	13 11:00 Work Why Not? (Vocations for Recovery) 12:00 Movie at Elk Grove Cinemas, return by 4:00 (See Announcements)	14 3:30 How U Doin'?' 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Recovery Circle	15 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	16 Saturday Excursion Navy Pier - Chicago (See Announcements) Please Call Drop-In for Reservations
17-St. Patrick's Day	18 10:00 How u Doin'?' 10:30 Bingo 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice March Madness Contest Drawing	19 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night March Madness Contest Drawing	20 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	21 3:30 How U Doin'?' 4:00 Karaoke 5:00 Snacks/Social 6:00 Journal Group	22 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	23 Saturday Excursion Star Cinema Grill - South Barrington (See Announcements) Please Call Drop-In for Reservations
24/31	25 10:00 How u Doin'?' 10:30 Library Excursion 12:00 Snacks/Social 1:00 Yoga, Mindfulness and Meditation 2:00 Guest Choice	26 3:30 How U Doin' 4:00 Mental Health Booster 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	27 11:00 Work Why Not? (Vocations for Recovery) 12:00 Prep and Lunch 1:00 Guest Choice	28 3:30 How U Doin'?' 4:00 Leadership and Empowerment 5:00 Snacks/Social 6:00 Comedy Night	29 1:00 Recovery Connection 2:15 Creative Arts 4:00 Multimedia (Snacks will be available from 4:00 to 5:30)	30 Family and Friends Day Lunch at Noon: Potluck Movie: "Paycheck" (See Announcements) Please Call Drop-In for Reservations

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



**This is 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.*