


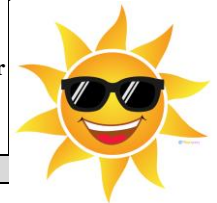


# Drop-In



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
	1	2	3	4 - Independence Day	5	6
	10:00 How u Doin'? 10:30 <b>Bingo</b> 12:00 Snacks/Social 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Mental Health Booster</b> 5:00 Prep and Dinner 6:00 Movie and Popcorn Night	11:00 Music Therapy 12:00 <b>Prep and Lunch/ June Birthdays Celebrations</b> 1:00 <b>Work Why Not? (Vocations for Recovery)</b> 2:00 Guest Choice	<b>Special Hours 10-3</b> 10:00 <b>Craft Project</b> 12:00 <b>Barbecue Meal</b> 1:00 <b>Games</b> 2:30 <b>Raffle</b>	1:00 <b>Recovery Connection</b> 2:00 <b>Art Therapy</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Peck Farm - Geneva</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
7	8	9	10	11	12	13
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>Library Excursion/Lunch Out</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 Movie and Popcorn Night	11:00 How u Doin'? 11:30 <b>Prep and Lunch</b> 1:00 <b>CRSS Training or Guest Choice</b>	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:00 Snacks/Social 6:00 Recovery Circle	1:00 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Mountain View Mini Golf - Des Plaines</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
14	15	16	17	18	19	20
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>Gratitude Group</b>	10:00 How u Doin'? 10:30 <b>Bingo</b> 12:00 Snacks/Social 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 12:00 <b>Movie at Elk Grove Cinemas, Return by 4PM</b> <b>Please Call Drop-In for Reservations</b>	3:30 How U Doin'? 4:00 <b>Karaoke</b> 5:00 Snacks/Social 6:00 <b>Journal Group</b>	1:00 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	Saturday Excursion <b>Lambs Farm - Libertyville</b> (See Announcements) <b>Please Call Drop-In for Reservations</b>
21	22	23	24	25	26	27
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>NAMI Connection</b>	10:00 How u Doin'? 10:30 <b>Library Excursion/Lunch Out</b> 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 Movie and Popcorn Night	11:00 How u Doin'? 11:30 Prep and Lunch 1:00 <b>CRSS Training or Guest Choice</b>	3:30 How U Doin'? 4:00 <b>Leadership and Empowerment</b> 5:00 Snacks/Social 6:00 <b>Comedy Group</b>	1:00 <b>Recovery Connection</b> 2:15 <b>Creative Arts</b> 4:00 <b>Multimedia</b> (Snacks will be available from 4:00 to 5:30)	Family and Friends Day Disability Pride Party (See Announcements) <b>Please Call Drop-In for Reservations</b>
28	29	30	31			
10:00 How u Doin'? 11:00 <b>Guided Meditation</b> 12:00 Snacks/Social 1:00 <b>Gratitude Group</b>	10:00 How u Doin'? 10:30 <b>Bingo</b> 12:00 Snacks/Social 1:00 <b>Yoga, Mindfulness and Meditation</b> 2:00 Guest Choice	3:30 How U Doin' 4:00 <b>Mental Health Booster</b> 5:00 <b>Prep and Dinner</b> 6:00 Movie and Popcorn Night	11:00 <b>Work Why Not? (Vocations for Recovery)</b> 11:30 <b>Prep and Lunch</b> 1:00 <b>Guest Choice</b>	Visit the kennthyong.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 <b>847-621-2040 ext 117</b> or just "drop in " @ <b>1585 W. Dempster St. Mt. Prospect, IL 60056</b> (located next to Culver's).		

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.*