Do You Need a Parent's Night Out?

If you are a parent or caregiver with a child(ren) with an intellectual/developmental disability, and are in need of a few hours of relief, one of these groups may be for you.

How do I sign up?

If you are new to CSS, you must contact our Intake Coordinator for an intake appointment. You do not need to be currently enrolled in CSS services to participate in a PNO. However, your child(ren) must qualify as having a diagnosed intellectual/developmental disability.

If you already receive services through CSS, you can ask your Service Coordinator about participating in a PNO.

What is involved?

To keep the groups manageable, space is limited. **Reservations are required,** and taken on first call basis. Reservations are taken only for one month at a time.

You may drop off your child(ren) ages 3-13 who qualifies, along with their siblings for a few hours of small group activities, dinner, music and/or crafts. Trained professional staff from CSS supervises all children for the entire four-hour period.

Sibling may only attend with the child(ren) qualifying for services.

Is there a fee?

There is a $10.00 fee for families with only one child/ $15.00 fee for families with two or more children attending the group.

For additional information, contact:

(708) 354-4547 x 109
FamilySupportCenter@cssservices.org

5 Convenient Parent's Night Out (PNO) Locations

CSS Academy
3732 Grand Boulevard, Brookfield
First 4 Fridays of the month from 6:00 – 9:00 pm

Bedford Park District
6700 South 78th Avenue, Bedford Park
First Friday of the month from 5:00 – 9:00 pm

Fox Center – Oak Park
640 South Oak Park Avenue, Oak Park
First & Third Saturday of the month from 5:00 – 8:00 pm

River Forest Community Center
8020 Madison, River Forest
Second Saturday of the month from 4:00 – 8:00 pm

CSS Family Support Center
5416 W. 25th Street, Cicero
Second & Fourth Saturday of the month from 4:00 – 7:00 pm