



Do You Need a Parent's Night Out?

If you are a parent of 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](mailto:intake@CSSservices.org) at intake@CSSservices.org 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. RSVP by Monday at 5:00 p.m. for the upcoming Friday!

You may drop off your child(ren) ages 5-13 who qualifies, along with their siblings for a few hours of small group activities, dinner, music and/or crafts. Trained professional staff from CSS supervise all children for the entire period.

Is there a fee?

The cost for the first child is \$10; siblings can be added for another \$10 per session.

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

For additional information call:
(708) 354-4547 x109
PNO@CSSservices.org

Children Groups

Ages 5-13

CSS Academy

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

Fox Center – Oak Park

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

Fantastic Fridays (formerly PNO for Adults)

Ages 19+

Bedford Park District

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