



## 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 CSSS, you must contact our [Intake Coordinator](#) for an intake appointment. You do not need to be currently enrolled in CSSS 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 CSSS, 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 CSSS supervises all children for the entire three-hour period.

Siblings 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 for families with two or more children attending the group.

For additional information contact:  
Susan Amparan (708) 354-4547 x109  
[samparan@cssservices.org](mailto:samparan@cssservices.org)

### Children Groups

#### **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

#### **River Forest Community Center**

8020 Madison, River Forest  
Second Saturday of the month  
4:00 – 7:00 pm

### Adult Group

#### **Bedford Park District**

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