



# Do You Need a Night Out?

### Parents Night Out

Parents Night Out (PNO) is a drop-off Group Respite activity that is provided by trained CSS staff. This program is designed for your child with intellectual/developmental disabilities, and their siblings, so you can enjoy time with your spouse, time with another child, or just get a few ours to yourself. Your child will be entertained in a fun, safe group atmosphere.

### Price

Just \$10 for the first child; siblings can be added for a total of \$15 per session. Siblings can only attend with the child(ren) qualifying for services.

### Who

Children ages 5-13 with a diagnosed intellectual/developmental disability, their siblings, and their parents, or care givers.

### R.S.V.P.

Reservations are needed, and are taken one month at a time, on a first-come, first-served basis. R.S.V.P. by Monday at 5:00 p.m. for that week.

If you receive services through CSS, ask your Service Coordinator about PNO.

Call (708) 354-4547 x142

Or email [PNO@CSSservices.org](mailto:PNO@CSSservices.org)

(For those new to CSS, contact our Intake Coordinator at [intake@CSSservices.org](mailto:intake@CSSservices.org).)

CSS Academy 3732 Grand Blvd. Brookfield, IL	Fox Center Oak Park 640 S. Oak Park Avenue Oak Park, IL	Bedford Park District 6700 S. 78th Avenue Bedford Park, IL	CSS Family Support Center 5416 West 25 <sup>th</sup> Street Cicero, IL
First 4 Fridays of the month 6:00-9:00 p.m. siblings welcome	First & Third Saturdays of the month 5:00-8:00 p.m. (siblings welcome)	First Friday of the month 5:00-9:00 p.m. (sorry, no siblings)	Every Thursday 5:00-8:00 p.m. (siblings welcome)