

Community Support Services

If you are a parent or caregiver with a child (ren) with a 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 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 a 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. All children are supervised by trained professional staff from CSS for the entire four-hour period.

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

Is there a fee?

There is a \$7.00 fee for families with only one child/\$12.00 fee for families with two or more children attending group.

For additional information, contact:

Kris Ponta, Respite/Family Support Program Manager (708) 354-4547 x138
kponta@communitysupportservices.org

Do you need a Parents Night Out (PNO)?

First United Methodist Church of La Grange

100 West Cossitt

First 4 Fridays of the month from 6:00pm – 10:00pm

Bedford Park District

6700 South 78th Avenue

First Friday of the month from 5:00pm – 9:00pm

Fox Center – Oak Park

640 South Oak Park Avenue

First & Third Saturday of the month from 5:00pm – 9:00pm.

River Forest Community Center

8020 Madison

Second Saturday of the month from 4:00pm – 8:00pm

St. Leonard's – Berwyn

3318 South Clarence Avenue

Second Saturday of the month from 4:00pm – 8:00pm

Proksa Park – Berwyn

3001 Wisconsin Avenue

Third Friday of the month from 6:00pm – 10:00pm

Creating circles of support for people with developmental disabilities and their families.