

# Breaking Point Rage Room offers safe place to vent

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Melody Billups, a Homewood resident and owner of Breaking Point Rage Room at 18668 Dixie Highway, wants everyone to have access to her business.

“We are here for the community,” Billups said. “A lot of the time, people want to take their kids to stuff like this and it’s 21 and over. Our goal is to make sure families can come here. We are family and community-friendly.”

And where exactly is here? Breaking Point Rage Room is a 660-square-foot storefront where people go to let it all out — stress, anger, sadness, whatever they’re holding in — by smashing things. They smash computer printers, monitors and vases. They throw glass plates at the walls.

Nearly anything goes inside a rage room.

“One of the things people love to break are lamps. The explosion is fantastic,” Billups said. She said printers are another favorite.

Billups opened her doors in August, and her sons Syncere Billups and Carrington Valentine have been



Angela Denk/H-F Chronicle

Melody Billups, owner of Breaking Point Rage Room, displays one of the bats patrons use during sessions.

with her every step of the way. Both young men graduated from Homewood-Flossmoor High School last year, and both work at Breaking Point during the facility’s business hours.

“It’s a very adaptive experience,” Valentine said. “We’re always looking for ways to help the people who come here, and we’re always finding out new things. I feel like every day is better than the one before.”

Syncere added, “We know personally that a lot of the time you just need a release. People want to get that out in a destructive way, but this way you don’t break your things or hit a wall.”

Catharsis lives at the heart of Breaking Point. Billups said that people come for multiple reasons, not just to release anger. She said they’ve hosted everything from anniversary parties to corporate team-building events.

“Sometimes people are crying,” Billups said. “They can’t articulate how their experience was when they come out.”

“We’ve seen truly intimate moments with people. Mothers with post-partum depression who don’t know where to turn, a few divorce parties, anniversaries, birthday parties. ... [My sons] being immersed in the business helps me to focus on other things ... Everything they’ve brought to this has helped make this a family business.”

Breaking Point’s patrons enter one of the Rage Rooms where they are given one large item, such as a television or computer tower, plus a variety of smaller items and set loose with a

baseball bat. Specialty items—seasonal plaques and figurines—are available for an extra charge, and birthday patrons receive one for free.

Billups provides safety gear (a helmet with a face shield, an apron, and gloves that are all sterilized after every use) as well as a Bluetooth speaker the patrons can connect with to choose their own soundtrack. When customers are done, they’re invited to cool down from the experience by spray painting anywhere they want on the walls.

Rage Room 1 holds one person, and Room 2 can accommodate two people. All sessions are by appointment only and can be booked on the company website at [breakingpointHomewood.com](http://breakingpointHomewood.com).

“The spray painting lets you leave a mark here,” Billups said. “You can spray paint whatever you want. It’s just a lot of fun.”

Billups hopes to open a second location, also in Homewood, in the future. She said she would like to create a second rage room experience exclusively for adults.

“We’re here for the community,” she said. “That’s what we want.”



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