



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

1/20/22

New Year, New You: Strategies for Goal Attainment
FREE Missouri Open Door (MOD) Workshop Series

January 26, 2022
12:30 pm - 1:30 pm

During this webinar, participants will focus on their new year's resolutions. Participants will learn how to use the LifeCourse Goal Attainment tool which helps define what success looks like for each person, plan strategies to move closer to their goal, and track their progress. Through every-day skill-building strategies and integrated services and supports, the goal of this session focuses on:

- Providing immediate-use ideas for goal attainment
- Strengthening your everyday technology knowledge
- Incorporating / Understanding local service and support strategies

[Click to register for this workshop.](#)

If you have questions regarding this workshop, please contact: angelinaalpert@umkc.edu.

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MISSOURI DEPARTMENT OF MENTAL HEALTH