



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

4/27/22

The MO LifeCourse Chapter presents

FREE Foundation and Skill Building Four-Part Workshop Series on Charting the LifeCourse (CtLC)

This FREE workshop series is for anyone living in Missouri that is new to LifeCourse or that wants to enhance their skills using the tools.

This four-part workshop series will provide specific skills and ideas that can be used on the job or in your own life.

Sessions will be held 10:00 am - 12:00 pm on:

- May 4th
- May 18th
- June 1st,
- June 15th

The deadline for [registration](#) is April 29, 2022.

For additional information, contact the LifeCourse Nexus at 800-773-8652.

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH