



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

9/15/21

FREE Missouri Open Door (MOD) Workshop Series
September 29, 2021
12:30pm-1:30pm

Making Life Easier: In the Kitchen

During this month's workshop, learn about the various cost-effective tech tools that can help "make life easier" in the kitchen. Through every-day skill-building strategies and integrated services and supports, the goal of this session focuses on:

- Providing immediate-use ideas for problem-solving and planning
- Strengthening everyday technology knowledge for the kitchen
- Incorporating / Understanding local service and support strategies

[Webinar Registration](#)

Save the Dates: The next workshops in the series are scheduled for October 27th and November 24th.

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

MISSOURI DEPARTMENT OF MENTAL HEALTH