



Independent Living And Life Success Skills

**Weekly Workshops
Hosted by Ian Ifill**

Where: Taconic Resources for Independence
82 Washington St, Suite 214
Poughkeepsie, NY 12601

Every Tuesday @ 12:30pm beginning February 10, 2026

**FEB
10**

Budgeting, Time Management, and Organization

- Understanding Income vs. Expenses
- Building a Simple Budget
- Prioritizing and Planning
- Creating Routines for Balance

**FEB
17**

Housing Search and Staying in Good Standing

- Where to Find Housing
- Leases and Tenant Rights
- Paying Rent and Reporting Repairs
- How to Advocate for Yourself

**FEB
24**

Self-Advocacy Tips

- What is Self-Advocacy?
- Expressing Needs Clearly
- Asking for Help or Accommodations
- Knowing Your Rights
- Advocating Respectfully

**MAR
3**

Utilizing Public Transportation

- Reading Schedules/Maps
- Transit Apps and Planning
- Understanding Fares and Transfers
- Basics of Travel Safety

**MAR
10**

Resume Writing and Community Supports

- Parts of a Resume
- Describing Your Skills
- References and How to Ask
- Local Career and Support Resources

**ASL Interpreter requests
should be submitted 2
weeks in advance**

www.TaconicResources.org

Please Use This QR Code or
Click the Link Below to Register:

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Or Call us at 845-452-3913
for Assistance

