



Independent Living And Life Success Skills

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

Weekly Workshops
Hosted by Ian Ifill

Every Tuesday @ 12:30pm beginning April 7, 2026

APRIL
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Budgeting, Time Management, and Organization

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

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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

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Self-Advocacy Tips

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

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Budgeting, Time Management, and Organization

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ASL Interpreter requests
should be submitted 2
weeks in advance

Please Use This QR Code
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Or Call us at 845-452-3913
for Assistance



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Our Organization, Visit Our Website:
www.TaconicResources.org