



# Independent Living And Life Success Skills

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

Bi-weekly Workshops  
Hosted by Ian Ifill

Every other Tuesday @ 12:30pm

## **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

## **Self-Advocacy Tips**

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

## **Budgeting, Time Management, and Organization**

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

ASL Interpreter requests  
should be submitted 2  
weeks in advance

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

**[REGISTER HERE]**

Or Call us at 845-452-3913  
for Assistance



For More Information About  
Our Organization, Visit Our Website:  
[www.TaconicResources.org](http://www.TaconicResources.org)