



# 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 May 5, 2026

**MAY  
5**

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

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

**MAY  
12**

## **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

**MAY  
19**

## **Self-Advocacy Tips**

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

**MAY  
26**

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

- Understanding Income vs. Expenses
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ASL Interpreter requests  
should be submitted 2  
weeks in advance

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

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

