



Racker 

# INDEPENDENCE WORKSHOPS

An informative ZOOM series, addressing the essential skills associated with independence at home and in the community. The workshops are developed for those who are interested in building personal independence skills, such as budgeting, utilizing public transportation, and community safety. The series can be attended in full or individually as needed.

For more information, contact Lyndsey Paulin at [lyndseyp@racker.org](mailto:lyndseyp@racker.org) or call 607-220-4806.

## Community Safety I: Proactive Strategies

August 27th: 1:00-2:30PM

## Community Safety II: Responding to Emergencies

September 10th: 1:00-2:30PM

## Finances & Budgeting

October 1st: 1:00-2:30PM

## Tompkins County Transportation Guide

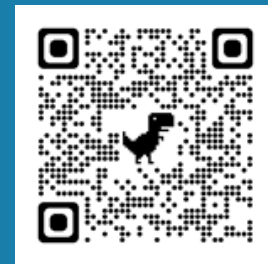
October 22nd: 1:00-2:30PM

## Technology & Safety

November 5th: 1:00-2:30PM

## Relationships

December 3rd: 1:00-2:30PM



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**ALL ARE  
WELCOME  
TO JOIN!**