<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td></td>
<td><strong>Computer lab is open</strong></td>
<td><strong>Security Guard 8 hr.</strong></td>
<td><strong>Cooking Course @</strong></td>
<td><strong>ARMED Security Guard 8 hr. @ OnTarget 10 - 6</strong></td>
<td><strong>Rochester Works @ VOC 9:00-12:00</strong></td>
<td><strong>ARMED Security Guard 8 hr. @ OnTarget 9 - 5</strong></td>
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<td></td>
<td>daily M-F for job</td>
<td>Annual @ RSTC 9-5pm</td>
<td>VOC 9:00-11:30am</td>
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<td></td>
<td>searches, online</td>
<td>Basic Computers 9-10am</td>
<td>&quot;Shopping Online&quot; @</td>
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<td>training, resume</td>
<td>VetNet 10:00 -12:00pm</td>
<td>VOC 9:00-11:30am</td>
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<td>updates and email</td>
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<td>NYSDOL Disabled Vets Outreach 9-4</td>
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<td>Annual @ RSTC 9-5pm</td>
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<td><strong>ARMED Security Guard 10 - 6</strong></td>
<td><strong>ARMED Security Guard 10 - 6</strong></td>
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<td><strong>ARMED Security Guard 10 - 6</strong></td>
<td><strong>Rochester Works @ VOC 9:00-12:00</strong></td>
<td><strong>Security Guard 8 hr. Annual @ RSTC 9-5pm</strong></td>
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<td><strong>Housing Resources &amp; Assistance @ VOC 2:00-3:00</strong></td>
<td><strong>Basic Computers 9-10am</strong></td>
<td><strong>Cooking Course @ VOC 9:00-11:30am</strong></td>
<td><strong>Security Guard 8 hr. Annual @ RSTC 9-5pm</strong></td>
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<td><strong>VetNet 10:00 -12:00pm</strong></td>
<td>NYSDOL Disabled Vets Outreach 9-4</td>
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<tr>
<td><strong>ARMED Security Guard 47 hr Initial Trng @ OnTarget Mon - Sat 11/11-16th</strong></td>
<td><strong>ARMED Security Guard 10 - 6</strong></td>
<td><strong>ARMED Security Guard 10 - 6</strong></td>
<td><strong>ARMED Security Guard 10 - 6</strong></td>
<td><strong>Rochester Works @ VOC 9:00-12:00</strong></td>
<td><strong>Security Guard 8 hr. Annual @ RSTC 9-5pm</strong></td>
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<tr>
<td><strong>Building Career Pathways @ VOC 2:00 - 3:00</strong></td>
<td><strong>Security Guard 8 hr. Annual @ RSTC 9-5pm</strong></td>
<td><strong>Basic Computers 9-10am</strong></td>
<td><strong>NYSDOL Disabled Vets Outreach 9-4</strong></td>
<td><strong>Movie and a Pizza @ VOC 1:00-3:00</strong></td>
<td><strong>Rochester Works @ VOC 9:00-12:00</strong></td>
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<td><strong>VetNet 10:00 -12:00pm</strong></td>
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<tr>
<td><strong>VOC CLOSED - Merry Christmas</strong></td>
<td><strong>Basic Computers 9-10am</strong></td>
<td><strong>VetNet 10:00 -12:00pm</strong></td>
<td><strong>NYSDOL Disabled Vets Outreach 9-4</strong></td>
<td><strong>VOC CLOSED - Happy New Year</strong></td>
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**VOC CLOSED - Merry Christmas**

**NYSDOL Disabled Vets Outreach 9-4**

**Rochester Works @ VOC 9:00-12:00**

**ARMED Security Guard 8 hr. @ OnTarget 9 - 5**

**Rochester Works @ VOC 9:00-12:00**

**Security Guard 8 hr. Annual @ RSTC 9-5pm**

**Shopping Online" @ VOC 1:00-2:30 - Daniel Jones**

**Cooking Course @ VOC 9:00-11:30am**

**Building Career Pathways @ VOC 2:00 - 3:00**

**VetNet 10:00 -12:00pm**

**Security Guard 8 hr. Annual @ RSTC 9-5pm**

**NYSDOL Disabled Vets Outreach 9-4**

**Rochester Works @ VOC 9:00-12:00**

**ARMED Security Guard 8 hr. @ OnTarget 10 - 6**

**Rochester Works @ VOC 9:00-12:00**

**Security Guard 8 hr. Annual @ RSTC 9-5pm**

**ARMED Security Guard 8 hr. Annual @ RSTC 9-5pm**

**ARMED Security Guard 8 hr. Annual @ RSTC 9-5pm**

**Armored Security Guard 9 - 5**

**Armored Security Guard 9 - 5**

**Armored Security Guard 9 - 5**

**Armored Security Guard 9 - 5**

**Armored Security Guard 9 - 5**
Whether you’re new to online shopping or have been shopping online for years, this seminar is for you! Join technology instructor Daniel Jones for this FREE and informative seminar where you’ll learn the dos and don’ts of online shopping, as well as:

- 5 steps to online shopping
- Security Tips: Secure websites, passwords, and encryption
- Digital payment methods
- Mobile shopping apps

For more information, contact John Luce, Training Coordinator 585.295.7832 | John.Luce@vocroc.org
Six-Week Course -
Next session starts
11/2 - 12/14
9-11:30 A.M.
EVERY THURSDAY
447 SOUTH AVENUE,
ROCHESTER, NY 14620
GET SERVSAFE CERTIFIED
CLASS SIZE IS LIMITED

Contact:
Nena Siverd
Employment and Training Program Manager
585-295-7818 | vocroc.org
SKILLED-TRADES BOOTCAMPs FOR VETS

TWO-WEEK TRAINING COURSES: WELDING, CONSTRUCTION OR ELECTRICAL
CLASS DATES: TBD 2024 - FROM 4-7 P.M.
HELD AT: 30 HART STREET, ROCHESTER, NY 14605

APPLY AT VOC- MONDAY-FRIDAY 8:30 A.M. - 5 P.M.
447 SOUTH AVENUE, ROCHESTER, NY 14620
MOVIE AND A PIZZA DAY

Fourth Friday of Every Month

Free ADMISSION

RSVP:
Call John Berggren
585-295-7838

Veterans Outreach Center
447 South Avenue,
Rochester, NY 14620

Movie Date: 12/22, 1/26 from 1-3 p.m.
vocroc.org
VETNET & Vet Net Online

Every Tuesday from 10-11 a.m. at VOC
Veterans can participate upon invitation from a VOC Employment Specialist

- Weekly forum for “job ready” veterans to meet and network
- Learn more about job fairs, training opportunities, and companies hiring veterans
- Hear presentations from companies about job opportunities
- Come to sessions on time and dressed appropriately
- Come to VOC and meet with an Employment Specialist about your career goal

Part 1

Every Tuesday from 11 a.m. - 12 p.m. at VOC

- Learn how to complete online job applications for real job leads
- Learn how to create profiles on LinkedIn, Indeed, USA Jobs, etc.
- Learn how to write cover letters

Part 2

All Classes are at:
447 South Avenue, Rochester, NY 14620
Contact: 585-546-1081
Visit vocroc.org to learn about our other services
Basic Computer Class

Come learn about computer basics from accessing the internet, utilizing and composing emails, using Microsoft Office and more!

Every Tuesday Morning
9AM TO 10 AM
AT VETERANS OUTREACH CENTER
447 South Avenue, Rochester, NY 14620

CONTACT NENA SIVERD
585-295-7818 TO SIGN UP
Go to vocroc.org to learn more about our other programs!
Job Readiness Training Class

Are You a Veteran Looking for a Job or a New Career?

- Hear about the latest networking and job search techniques
- Learn how to market yourself and prepare for job searches
- How to prepare for interviews
- Using social media as a promotional tool

Classes Offered on the Second Wednesday of the Month
9 a.m. - 12 p.m. at VOC
At: 447 South Avenue, Rochester, NY 14620

Call 585-546-1081 to register for a class
Visit vocroc.org to learn about VOC’s other services
The OSHA Outreach Training Program provides training for entry-level workers and employers on recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces. The program also provides information regarding workers’ rights, employer responsibilities, and how to file a complaint.

To enroll in these classes, you must be a current registered veteran with VOC or a veteran who wants to register for VOC services.

Certifications include:

- CS 120 - OSHA 10-Hour Construction Industry
- CS 121 - OSHA 10-Hour General Industry
- CS 122 - OSHA 10-Hour General Industry (Agriculture)
- CS 123 - OSHA 10-Hour General Industry (Automotive)
- CS 124 - OSHA 10-Hour General Industry (Cosmetology)
- CS 126 - OSHA 10-Hour General Industry (Healthcare)
- CS 125 - OSHA 10-Hour General Industry (Culinary)

TO REGISTER, PLEASE VISIT VOCROC.ORG/OSHA

Questions? Email Nena Siverd, at nena.siverd@vocroc.org
Let VOC Help You Get Started!
Free Classes on Searching and Applying for an Apartment

The Housing Class Focuses on:

- What are the upfront costs?
- What documents will I need?
- How do I find an apartment?
- Good credit score
- Importance of your rental history

2023 Class Dates: 2-3 p.m.

<table>
<thead>
<tr>
<th>February 13</th>
<th>April 10</th>
<th>July 10</th>
<th>October 9</th>
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<tbody>
<tr>
<td>March 13</td>
<td>May 8</td>
<td>August 14</td>
<td>November 13</td>
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<td>June 12</td>
<td>September 11</td>
<td>December 13</td>
</tr>
</tbody>
</table>

All classes held at: 447 South Avenue, Rochester, NY 14620
Call Judy Leone at 585-295-7811 to register!
Visit vocroc.org to learn about more of our services
Building Career Pathways

Presented by:
Dave Oliver, Outreach Specialist
RIT Veterans Upward Bound

- Explore training programs, training options, and funding for training
- Learn how to build skills leading to mid-level and future career opportunities

2023 Dates: 2-3 p.m.

Jan. 30    Feb. 27    April 24    May 29    June 26
July 31    Aug. 28    Sept 25    Oct. 30    Nov. 27

At: 447 South Avenue, Rochester, NY 14620

Have Questions or Want to Sign Up?
Contact Nena Siverd:
585-295-7818 or Nena.Siverd@vocroc.org
vocroc.org
GET HELP FROM ROCHESTER WORKS!
EVERY FRIDAY FROM 9 A.M. - 12 P.M.
AT VETERANS OUTREACH CENTER

GET HELP WITH RESUME EDITING, JOB SEARCHING AND MORE

LEARN MORE ABOUT WORKSHOPS TO DEVELOP NEW SKILLS

RECEIVE CAREER COUNSELING

CONTACT: NENA SIVERD, EMPLOYMENT AND TRAINING MANAGER
585-295-7818
New to VCTC "Defensive Driving Course" Check with an Employment Specialist
Certified Flagger Training
Online Right Now

Meets all DOT requirements for online flagger training courses.
This is the approved version of the ATSSA flagger certification curriculum.

Start Training
If your course has been paid for,
Or you are continuing a course.

Buy Training
Start here
Buy passes for use anytime.
"Now available in the VCTC"

Private virtual meeting booth and/or private telephone conversations.

The private sound proof booth is equipped with internet access, an Ipad and camera as well as a landline telephone. The booth is available for online medical appointments, job interviews and other virtual private meetings.

Funded through a gracious grant from Bank of America
Presented by Consumer Credit Counseling Services of Rochester, this session focuses on the seven steps to creating a maintaining a solid spending plan.

TO WATCH THIS WEBINAR

- Visit vocroc.org/cccsr
- Complete the registration form
- Receive the webinar link via email