<table>
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<th>Sunday</th>
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<tr>
<td><strong>Computer lab is open daily M-F for job searches, online training, resume updates and email</strong></td>
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<th>Monday</th>
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<td>1</td>
<td>Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
<td>Basic Computers 9-10am &amp; VetNet 10:00 - 12:00pm</td>
<td><strong>VOC CLOSED JULY 4th HOLIDAY</strong></td>
<td>Housing Workshop @ VOC 10:00-11:00 Rochester Works @ VOC 9:00-12:00</td>
<td>Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
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<td>2</td>
<td>Basic Computers 9-10am &amp; VetNet 10:00 - 12:00pm</td>
<td>OBT Workshops @ VOC - 'Interview Skills' 10:00 - 12:00 'Federal Hiring' 1:00 - 3:00</td>
<td>Culinary Course @ VOC 9:00-11:30am Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
<td>NYSDOL Disabled Vets Outreach 9-4</td>
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<td>3</td>
<td><strong>TECH-TUESDAY</strong> 2:30 - 4:00 with Daniel Jones</td>
<td><strong>Digital Money-Venmo, Paypal, Apple Pay</strong> 1:00-2:30 - with Daniel Jones</td>
<td>NYSDOL Disabled Vets Outreach 9-4</td>
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<td><strong>ARMED Security Guard 47 hr Initial Trng @ OnTarget Mon - Sat 7/22-27th</strong></td>
<td>ARMED Security Guard 10 - 5 ARMED Security Guard 10 - 6</td>
<td>ARMED Security Guard 10 - 6 OBT Workshops @ VOC - 'LinkedIn Profiles' 10:00 - 12:00 'LinkedIn Job Search' 1:00 - 3:00</td>
<td>Movie and a Pizza @ VOC 1:00-3:00</td>
<td>ARMED Security Guard 9 - 5</td>
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<td>ARMED Security Guard 10 - 6 Basic Computers 9-10am &amp; VetNet 10:00 - 12:00pm</td>
<td>ARMED Security Guard 10 - 6</td>
<td>ARMED Security Guard 10 - 6 Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
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<td>Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
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<td>NYSDOL Disabled Vets Outreach 9-4</td>
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<td>31</td>
<td>Basic Computers 9-10am &amp; VetNet 10:00 - 12:00pm</td>
<td>Thursday 4/25 - Forklift Training @ DET 8:00 - 12:00</td>
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<td>&quot;Credit Improvement Workshop&quot; 10:30-11:30 with CCCSR</td>
<td>Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
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<td>&quot;TECH-TUESDAY&quot; 2:30 - 4:00 with Daniel Jones</td>
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<td>Security Guard 8 hr. Annual @ RSTC 9-5pm</td>
<td>&quot;Understanding The Internet&quot; 1:00-2:30 - with Daniel Jones</td>
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<td>Life Wireless @ VOC 2:00</td>
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<td>OBTI Workshops @ VOC - &quot;Salary Negotiations&quot; 10:00-12:00 'Employment Rights' 1:00 - 3:00</td>
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<td>Movie and a Pizza @ VOC 1:00-3:00 Housing Workshop @ VOC 10:00-11:00 Rochester Works @ VOC 9:00-12:00</td>
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<td>Basic Computers 9-10am &amp; VetNet 10:00 -12:00pm</td>
<td>Forklift/Boom Certification @ DET 8:00 - 2:00 OBTI Workshops @ VOC - &quot;Interview Skills&quot; 10:00-12:00 &quot;Networking/Job Fair&quot; 1:00 - 3:00</td>
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<td>Housing Workshop @ VOC 10:00-11:00 Rochester Works @ VOC 9:00-12:00</td>
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GET THE TOOLS TO GET THE JOB!

JULY 24th, VOC Boardroom
447 South Avenue Rochester, NY, 14620

10 AM - 12 PM: LinkedIn Profiles
This workshop walks attendees through how to create a profile & build a professional brand

1 PM - 3 PM: LinkedIn Job Search
This workshop explains how to use LinkedIn for job searches and the tools LinkedIn provides to help you find better employment matches and fit

For more information, Contact Nena Siverd
Nena.Siverd@vocroc.org | 585.295.7818
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: 7/26 & 8/23 from 1-3 pm

vocroc.org
Forklift Certification Training

Are you interested in receiving training to build your resume and broaden your career opportunities?

- Training will take place at 1700 Hudson Ave, Suite B
- Located on RTS bus line #4 - Free on-site parking
- Skilled and professional staff
- Clean, friendly, and supportive atmosphere
- Fully accessible
- Lecture, hands-on experience, and testing
- Series 1-3 training

VOC and Diversified Environmental Training are partnering to help our vets!

Next class will be held on 7/31 & 8/28 from 8AM-12PM

For more information contact John Luce, Training Coordinator
585.295.7832 | john.luce@vocroc.org
Tech Tuesdays
with Daniel Jones

The first Tuesday of every month
Next Class - **August 6th**
2:30-4:00 at VOC

Each attendee will have the opportunity to speak one-on-one with technology expert Daniel Jones to discuss technology concerns about any platform including phones, printers, computers, the internet, and much more.

Each class is limited to 6 attendees.

For more information, contact John Luce
John.Luce@vocroc.org | 585.295.7832
GET THE TOOLS TO GET THE JOB!

August 14th, VOC Boardroom
447 South Avenue Rochester, NY, 14620

10 AM – 12 PM: Salary Negotiations
This workshop is designed to remove the mystery out of salary negotiations & learn how to conduct salary research.

1 PM – 3 PM: Employment Rights
This workshop covers essential information on American Disabilities Act, Uniformed Services Employment, Fair Labor Standards Act, Vietnam Veterans Assistance Act,

For more information, Contact Nena Siverd
Nena.Siverd@vocroc.org | 585.295.7818
Understanding the internet
With Daniel Jones

Learn about
- the history of the internet and how it works
- Internet terms
- what exactly is a website?
- Google
- “The Cloud”
- Net Neutrality

Wednesday, August 21st
1:00-2:30

Join technology instructor Daniel Jones for this FREE, fun, and informative 90-minute seminar about the internet. Whether you’re brand new to the internet or have been online for years, you’re guaranteed to learn something new!

For more information, contact John Luce, Training Coordinator 585.295.7832 | John.Luce@vocroc.org
Six-Week Course
Begins August 22 thru Sept 26

Thursdays from 9:00-11:30 A.M.

Get ServeSafe Certified!

Class size limited
447 South Avenue,
Rochester, NY 14620

Contact: Nena Siverd
Employment and Training Program Manager
Nena.Siverd@vocroc.org | 585.295.7818
GET THE TOOLS TO GET THE JOB!

August 28th, VOC Boardroom
447 South Avenue Rochester, NY, 14620

10 AM–12 PM: Interview Skills
This workshop provides attendees the tools and confidence to ace the job interview.

1 PM–2 PM: Networking & Professional Introductions
Learn job fair specific networking techniques, including preparing for the event & crafting a professional introduction.

2 PM–3 PM: Job Fair Strategies/On-the-Spot Interviews
This workshop goes deeper into job fair strategies, how to handle on-the-spot interviews, and actions to take following the event.

For more information, Contact Nena Siverd
Nena.Siverd@vocroc.org | 585.295.7818
USING USAJOBS.GOV FOR FEDERAL JOB APPLICATIONS

WITH ROB VALENTI, MPA, MHA
VA COMMUNITY EMPLOYMENT COORDINATOR

SEPT. 9TH & DEC. 9TH 2 PM - 3 PM,
447 SOUTH AVENUE, VOC BOARDROOM

LEARN HOW TO FIND AND APPLY FOR JOBS WITH
THE UNITED STATES FEDERAL GOVERNMENT!

- HOW TO CREATE A USAJOBS ACCOUNT
- HOW TO FIND JOBS
- HOW TO APPLY FOR JOBS
- HOW TO FOLLOW-UP ON APPLICATIONS

FOR MORE INFORMATION, CONTACT JOHN LUCE, TRAINING COORDINATOR:
JOHN.LUCE@VOCROC.ORG | 585.295.7832
BASIC COMPUTER CLASS

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

CONTACT NENA SIVERD
585-295-7818 TO SIGN UP
Go to vocroc.org to learn more about our other programs!
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
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)
- CS 127 - OSHA 10-Hour General Industry (Manufacturing)
- CS 3020 - OSHA 30-Hour Construction (PureSafety)

Questions? Email Nena Siverd, at nena.siverd@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.