

The Colonel Robert Abbott
Veterans Community Technology Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computer lab is open daily M-F for job searches, online training, resume updates and email	1	Security Guard 8 hr. Annual @ RSTC 9-5pm Basic Computers 9-10am VetNet 10:00 -12:00pm	3	Security Guard 8 hr. Annual @ RSTC 9-5pm Culinary Course @ VOC 9:00-11:30am NYS DOL Disabled Vets Outreach 9-4	ARMED Security Guard 8 hr. @ OnTarget 10 - 6 Rochester Works @ VOC 9:00-12:00	6
7	**STARTING THE FIRST TUESDAY IN MAY - "TECH TUESDAY" 2:30 - 4:00 Limit 6**	Security Guard 8 hr. Annual @ RSTC 9-5pm Basic Computers 9-10am VetNet 10:00 -12:00pm	OBTT Workshops @ VOC 'Interview Skills' 10:00 - 12:00 'Federal Hiring' 1:00 - 3:00	11 Culinary Course @ VOC 9:00-11:30am NYS DOL Disabled Vets Outreach 9-4	12 Rochester Works @ VOC 9:00-12:00	Security Guard 8 hr. Annual @ RSTC 9-5pm 13
14	15	16 Basic Computers 9-10am VetNet 10:00 -12:00pm	17 "Everything Email" @ VOC 1:00-2:30 - Daniel Jones	18 Security Guard 8 hr. Annual @ RSTC 9-5pm Culinary Course @ VOC 9:00-11:30am NYS DOL Disabled Vets Outreach 9-4	19 Rochester Works @ VOC 9:00-12:00	20
21 ARMED Security Guard 47 hr Initial Trng @ OnTarget Mon - Sat 4/22-27th	22 ARMED Security Guard 10 - 5	23 Security Guard 8 hr. Annual @ RSTC 9-5pm ARMED Security Guard 10 - 5 Basic Computers 9-10am VetNet 10:00 -12:00pm	24 ARMED Security Guard 10 - 5 OBTT Workshops @ VOC - 'LinkedIn Profiles' 10:00-12:00 'LinkedIn Job Search' 1:00 - 3:00	25 ARMED Security Guard 10 - 5 Culinary Course @ VOC 9:00-11:30am NYS DOL Disabled Vets Outreach 9-4	26 ARMED Security Guard 10 - 5 Movie and a Pizza @ VOC 1:00-3:00 Rochester Works @ VOC 9:00-12:00	27 ARMED Security Guard 10 - 5 Security Guard 8 hr. Annual @ RSTC 9-5pm
28	29 Resiliency Training with Dave Oliver @ VOC 2:00 - 3:00	30 Security Guard 8 hr. Annual @ RSTC 9-5pm Basic Computers 9-10am VetNet 10:00 -12:00pm	Thursday 4/25 - Forklift Training @ DET 8:00 - 12:00			



VCTC

May 2024

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5	6	Security Guard 8 hr. Annual @ RSTC 9-5pm Basic Computers 9-10am VetNet 10:00 -12:00pm "TECH-TUESDAY" 2:30 - 4:00 with Daniel Jones	7 OBTT Workshops @ VOC 'Salary Negotiations' 10:00 - 12:00 'Employment Rights' 1:00 - 3:00	8 9	10 Rochester Works @ VOC 9:00-12:00	11 Security Guard 8 hr. Annual @ RSTC 9-5pm
12	13	14 Basic Computers 9-10am & VetNet 10:00 - 12:00pm	15 "Smart TV, Apps, Cut the Cord" @ VOC 1:00-2:30 - Daniel Jones	16 Security Guard 8 hr. Annual @ RSTC 9-5pm	17 Rochester Works @ VOC 9:00-12:00	18
19	20 Resiliency Training with Dave Oliver @ VOC 2:00 - 3:00	21 Security Guard 8 hr. Annual @ RSTC 9-5pm Basic Computers 9-10am & VetNet 10:00 - 12:00pm	22 OBTT Workshops @ VOC 'Networking & Prof Intro' 10:00 - 11:00 'Job Fair Strategies' 11:00 - 12:00	23 NYS DOL Disabled Vets Outreach 9-4	24 Movie and a Pizza @ VOC 1:00-3:00 Rochester Works @ VOC 9:00-12:00	25 Security Guard 8 hr. Annual @ RSTC 9-5pm
26	27	28 Basic Computers 9-10am & VetNet 10:00 - 12:00pm	29 Security Guard 8 hr. Annual @ RSTC 9-5pm	30 Forklift Certification @ DET 08:00-12:00 NYS DOL Disabled Vets Outreach 9-4	31 Rochester Works @ VOC 9:00-12:00	



GET THE TOOLS TO GET THE JOB!



APRIL 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



FORKLIFT CERTIFICATION TRAINING



ARE YOU INTERESTED IN RECEIVING TRAINING TO BUILD YOUR RESUME AND BROADEN YOUR CAREER OPPORTUNITIES?

**VOC AND DIVERSIFIED ENVIRONMENTAL TRAINING
ARE PARTNERING TO HELP OUR VETS!**

**NEXT CLASS WILL BE HELD ON
4/25 & 5/30 FROM 8AM - 12PM**

- 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

**FOR MORE INFORMATION CONTACT JOHN LUCE, TRAINING COORDINATOR
585.295.7832 | JOHN.LUCE@VOCROC.ORG**



GET THE TOOLS TO GET THE JOB!



May 8th , VOC Boardroom
447 South Avenue Rochester, NY, 14620

10 AM - 12 PM: Salary Negotiations

This workshop is designed 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

Smart TVs, Streaming, and Cutting the Cord



Wednesday, May 15th, 1-2:30 P.M.

VOC Offices, 447 South Avenue, Rochester, NY 14620

The future of television is happening now. From antennas to new streaming services, from smart TVs to smartphones, the choices you have and the ways you can watch TV can seem endless and confusing. Join technology instructor Daniel Jones as he walks you step-by-step through the options available to you in a clear and understandable way.

YOU'LL LEARN ABOUT:

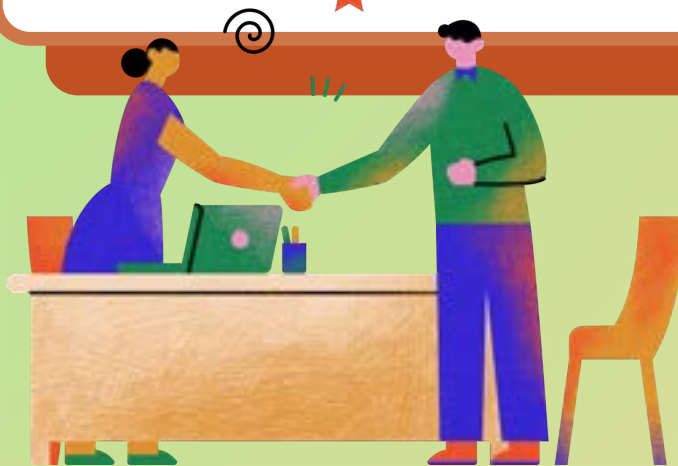
- TV choices and how to buy
- Streaming services like Netflix, Amazon Prime, Hulu and more
- How to cut the cord
- Smart TVs and apps
- Apple TV, Roku, and Chromecast

**For more information, contact John Luce,
Training Coordinator
(585) 295-7832 or at John.Luce@vocroc.org**





GET THE TOOLS TO GET THE JOB!



May 22nd, VOC Boardroom

447 South Avenue Rochester, NY, 14620

10 AM-11 AM: Networking & Professional Introductions

Learn job fair specific networking techniques, including preparing for the event & crafting a professional introduction

11 AM-12 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**

SHARPEN YOUR COOKING SKILLS

Six-Week Course
Begins June 6th thru July 18th

**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



VETNET & Vet Net Online

Every Tuesday from 10-11 a.m. at VOC

Veterans can participate upon invitation from a VOC Employment Specialist

Part 1

- 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

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

Part 2

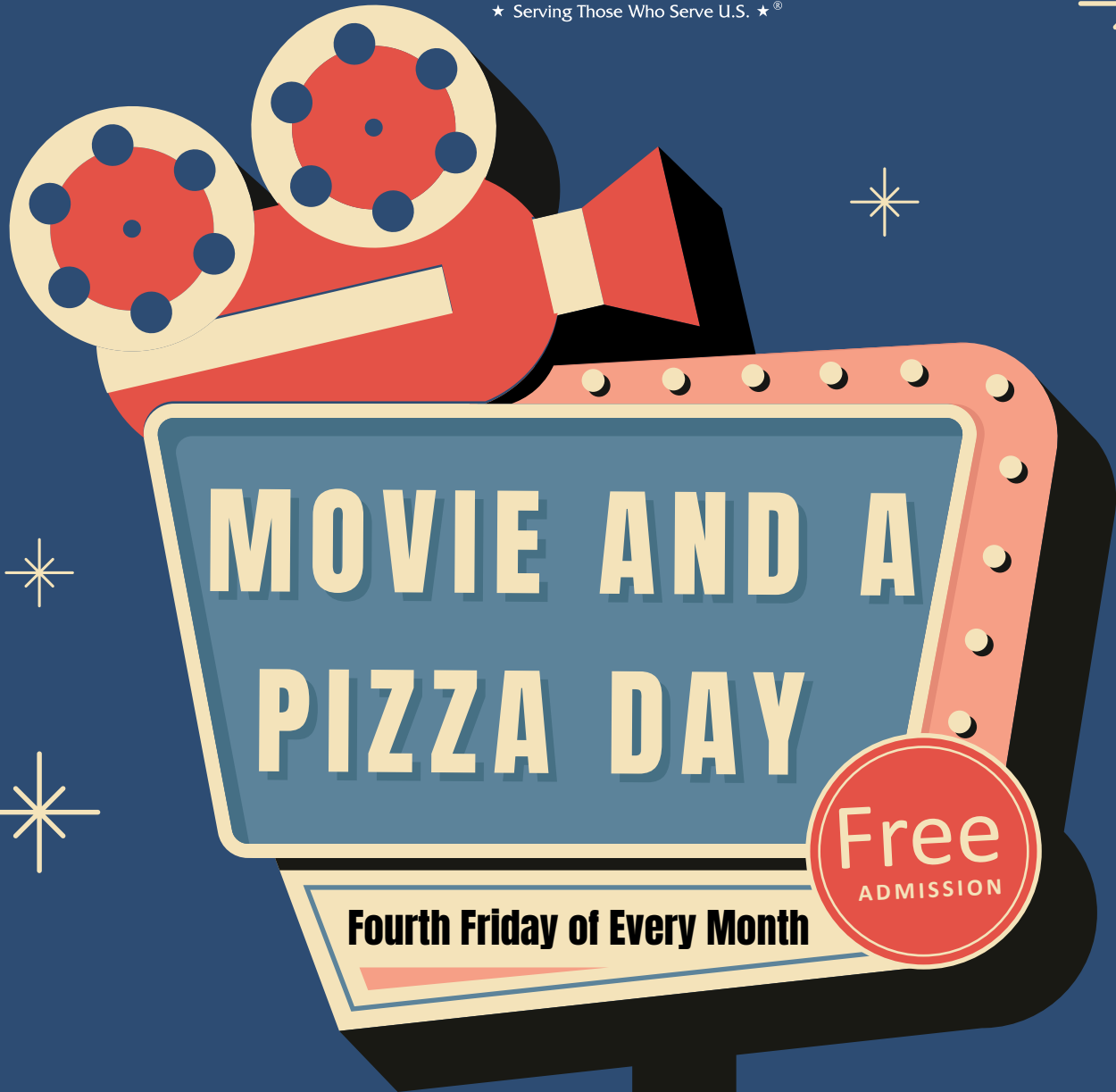
- Learn how to complete on line job applications for real job leads
- Learn how to create profiles on LinkedIn, Indeed, USA Jobs, etc.
- Learn how to write cover letters

All Classes are at:

447 South Avenue, Rochester, NY 14620

Contact: 585-546-1081

Visit vocroc.org to learn about our other services



RSVP:
Call John Berggren
585-295-7838

**Veterans
Outreach
Center**

447 South Avenue,
Rochester, NY 14620

Movie Date: 4/26,
5/24 from 1-3 p.m.
vocroc.org



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!**



OSHA ONLINE SAFETY COURSES

> **CareerSafe**[®]
SAFETY EDUCATION FOR AMERICA'S FUTURE

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)

TO REGISTER, PLEASE VISIT [VOCROC.ORG/OSHA](https://vocroc.org/osha)

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



VOCROC.ORG | 585.546.1081 | 447 SOUTH AVE., ROCHESTER

GET HELP FROM ROCHESTER WORKS!

EVERY FRIDAY FROM 9 A.M.- 12 P.M.

AT VETERANS OUTREACH CENTER



Rochester Works!

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



PROVIDED BY AMERICAN SAFETY COUNCIL

HOME DEFENSIVE DRIVING 5-HOUR PRE-LICENSING COURSES INSURANCE DISCOUNT POINT REDUCTION FAQs BULK ORDER

NEW YORK DEFENSIVE DRIVING

- New York State DMV Approved
- 10% Insurance Reduction for 3 Years
- Up to 4 Points off Your License
- 100% Online — No Final Exam!
- Curso En Español

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50,000+ Satisfied Customers



4.6 Star Rating



24/7 U.S.-Based Customer Support

Accepted By:

GEICO

PROGRESSIVE

Nationwide
Is on your side

State Farm





"New Training"



VCTC

The Colonel Robert Abbott

Veterans Community Technology Center

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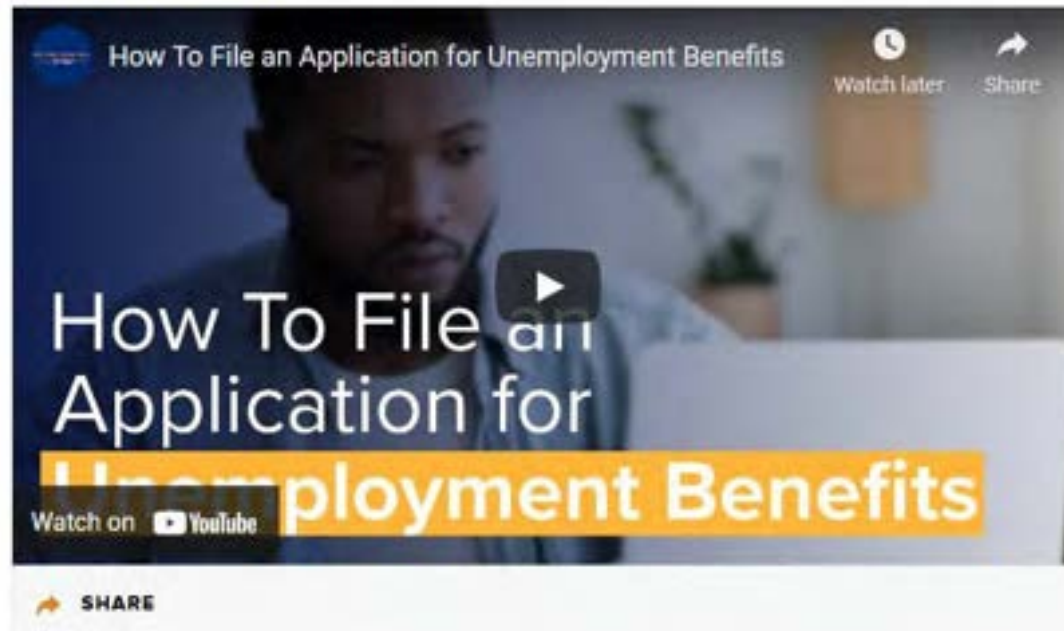
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How to File

[Español \(Spanish\)](#)



<https://youtu.be/xkF96A0n6mE>