



Yoga at VLP

Free for all Veterans!

Join us for a Veteran's Yoga Class

Every Wednesday, 1pm-2pm

At Veterans Leadership Program

2934 Smallman St.

Pittsburgh, PA 15201

Yoga Instructor: Maggi Aebi, Yoga on Mars



Veterans Leadership Program
2934 Smallman Street, Pittsburgh, PA 15201
Phone (412) 481.8200

VETERANS LEADERSHIP PROGRAM of WESTERN PENNSYLVANIA

— Monthly Services Calendar —

July 2017

All veterans in the Pittsburgh area are welcome to attend these free sessions!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/2 335 Mile Bike Ride	3 335 Mile Bike Ride VLP Office Closed	4 335 Mile Bike Ride VLP Office Closed	5 12 -4:30pm Uber at VLP 1-2pm Veteran Yoga 1pm Financial Literacy	6 10-11am Rallypoint	7	8
9	10 11am Tenant Workshop	11 2-3:30pm: Securing Employment with Criminal Record	12 10am-2pm Education Fair 12 -4:30pm Uber at VLP 1-2pm Veteran Yoga 1-2:30pm: PA Career Link	13 10-11am Rallypoint	14	15
16	17	18	19 12 -4:30pm Uber at VLP 1-2pm Veteran Yoga	20 10-11am Rallypoint	21	22 8:00am: Combat Test
23	24	25	26 12 -4:30pm Uber at VLP 1-2pm Veteran Yoga	27 10-11am Rallypoint	28 10-11am Female Veterans Support Group	29/30/31

SNAP & CAP (People's Gas) sign-ups Monday-Friday from 8:30 am to 4:30 pm

Housing

-July 10: Tenant Workshop. Learn about understanding a lease, tenant rights, and how to effectively communicate with your landlord.

Finance

-July 5: Financial Literacy Class. Learn how to manage your personal finances, create a budget, and learn credit and debt management skills.

Support Groups

- July 28: Female Veterans Support Group. Join us for breakfast and uplifting conversation. To RSVP, please call Trudy at 412-481-8200x216
- Thursdays in July: Rallypoint, Veterans can meet together and learn how to best utilize the unique strengths they possess as veterans.

Education Fair

-July 12: Veterans will have the ability to speak directly with educational institutions and learn the guidelines for admissions, how to utilize the GI Bills, and gather information on education programs of interest. Speak with: Bidwell Training Center, CCAC, Duquesne University, Pittsburgh Technical College, Rosedale Technical College, Triangle Tech, Pittsburgh Career Institute, Robert Morris University, Point Park University, University of Pittsburgh, Dept of Veteran Affairs (Vocational Rehabilitation Counselor), IBEW Apprenticeship Program, Builders Guild Apprenticeship Program.

Employment

-July 11: Securing Gainful Employment with a Criminal Record. Securing any kind of employment with a criminal history can be difficult and frustrating. The good news is that it is possible. Learn the facts and find out what actions you can take to make your goals happen.

-July 12: Pennsylvania Career Link. Whether you are looking for your first civilian job or to advance your career, PA CareerLink is available to help. Meet local representative Jill Counts-Weaverling, Lean about their services and how to enroll with this free event.

July 5, 12, 19, 26: Uber at VLP. Looking to make your own schedule with flexible hours? Meet with Uber representative Kim Andrews and learn about all of the opportunities Uber has to offer. Don't own a car? Uber will lease you one. Stop in to discover their services and your opportunities to be your own boss.

Wellness

-4th of July Weekend: 335 Miles for Vets, an endurance bike event, over the 4th of July weekend, from Pittsburgh to Washington D.C. to raise money for veteran services in Western Pennsylvania.

-July 22: Combat Test, a modern take on the traditional military physical fitness test. More information can be found on VLP's Facebook.

Veterans Leadership Program of Western Pennsylvania

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