



# VOSC NEWS

February 2024

[LEARN MORE](#)

[www.vocwny.org](http://www.vocwny.org)

## CATCH UP:

# The Veterans One-stop Center is growing.

The Veterans One-stop Center has renewed their newsletter, and will be releasing them every other month for readers to enjoy.

The VOSC provides 10 core services:

- Emergency Housing Assistance
- Suicide Prevention
- Veteran Peer Support
- Health & Wellness Studio
- Veteran Art Programs
- Case Management
- Employment Services
- Benefits Counseling
- Legal Counseling
- Financial Counseling



To see if you or a Veteran you know is eligible for our housing assistance or SSG Fox SPGP programs, visit [www.vocwny.org](http://www.vocwny.org) or call 716-898-0110.

## -What's New?-



### **In this Issue:**

*Cohesion Studio / MemoryFox / Website*

### **Future Issues:**

*Veteran Success Stories / Program Updates / Awesome Fundraisers*

## Check out what we have going on!

[www.vocwny.org](http://www.vocwny.org)

Peer Support  
Events

Select your  
County!





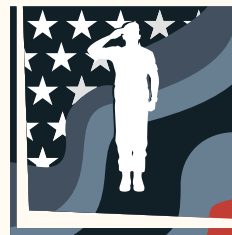
# Spotlight On: **COHESION STUDIO**



**Abby Dearden, Cohesion Studio Fitness Instructor**

One of Veterans One-stop Center's greatest triumphs of 2023 was the opening of Cohesion Studio. This space is a Veteran-only gym located directly behind VOSC, which offers free lifetime memberships to Veterans plus a guest of their choosing. Certified personal fitness instructors have been hired to work with Veterans one-on-one to help them on their wellness journeys. Free classes like Yoga, Body Pump, Strength & Balance and TRX Straps are ongoing every week. Find and sign up for classes or see Cohesion Studio updates here:

**CLICK HERE** 



**COHESION  
STUDIO**

@ Veterans One-stop Center  
-Focused on Veteran Fitness-



Monday-Friday: 7 AM-7 PM

Saturday: 8 AM-Noon

100 Gelston Street

Buffalo, NY 14213

cohesionstudio@vocwny.org

716-898-0110



# Spotlight On:



**MemoryFox is an awesome software-as-a-service and a DIY storytelling platform. It's all about helping nonprofit groups spread the word by cooking up community-generated digital content.**

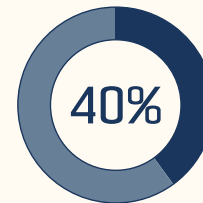
**By partnering with MemoryFox, we will be bringing Veteran**

**stories to the forefront of what we do and how we do it.**

**If you are a Veteran or Veteran family member who has been positively impacted by the Veterans One-stop Center, we want to hear from you!**



**Dear Veteran,  
have a success story?  
Share your  
story with us,  
and help further  
our cause.**

**of Veterans on average expressed a need to be connected to resources to help them overcome barriers or challenges.**

**Your story can help other Veterans get the services they need & deserve.**



**Veterans  
Crisis Line  
DIAL 988 then PRESS 1**

Scan the QR code or visit <http://vocwny.memfox.io/veteransuccessstory>



# Spotlight On: **BRAND NEW WEBSITE**



Home Services & Programs Special Events Cohesion Studio Peer Support Events

**Veterans One-stop Center**  
Connect / Educate / Collaborate

**DONATE**

Regardless of when you served, whether you were active duty, National Guard or Reserve, you served in, how you were discharged, whether you were sacrificed and served our country and now it is our turn to serve you.

We offer a one-stop approach that is simple, friendly, and easy. At the Veterans One-stop Center, there are no hoops you need to jump through. We are here to serve you. Our services, partners and resources in the community can meet any and all of your unique needs. All of our services are provided to you and your family at no cost.

Our dedicated team helps former service members, and their families find the resources and services they need. One of our specialists, many of them Veterans themselves, will work with you one-on-one to help identify your needs and help you achieve them. They will be with you every step of the way to make the process as easy as possible for you and your family.

**Emergency Housing Assistance**

Our Supportive Services for Veteran Families program involves rapid re-housing and homelessness prevention programs for Veterans that are designed to respond to the crisis of homelessness or imminent homelessness. The program offers time-limited, individualized financial assistance designed to assist Veteran households to obtain and retain permanent housing. Financial assistance is provided at a level that enables Veterans to maintain housing while seeking to increase income, relocate to less expensive housing, obtain a longer-term

With the new year and the growth of the Agency came a new and improved website! This is where you will find all upcoming and old news, events, fundraisers, program updates/descriptions, Cohesion Studio classes and more.

## Did you know?

→ 89% of homeless Veterans enrolled with VOSC moved to permanent housing

→ In 2023, VOSC hosted 383 Peer Support Events, engaging 3,670 Veterans

New York State Veterans die by suicide at a rate nearly two times as high as civilians. In crisis? Call 988, then press 1.

## IN OUR TENT:

### **PFC Joseph P. Dwyer Peer Support Program**

Programming that seeks to end isolation among Veterans and build a community that creates both a support system and a network of resources.

### **SSVF (Supportive Services for Veteran Families)**

Provides a range of supportive services to Veterans and their families to promote housing stability.

### **SSG Fox Suicide Prevention Grant Program**

Meets the needs of Veterans and their families through outreach, suicide prevention services, and connection to resources.

### **Cohesion Studio**

A Veterans-only space where we walk with you to fulfill and restore your path to health and wellness. The gym offers free memberships and classes for Veterans + a guest of their choice.