“To offer opportunities that support our service members and veterans toward successful reintegration with their families and communities.”

The Importance of Veteran Peer Support and Veteran Community in Recovery
June 10, 2007 at the age of 24, one more Marine, one more precious son, brother, husband, and friend was lost to the silent wounds of war.

The war at home is often fought alone.

The pain and tragic circumstances of Mr. Ligon's untimely death were taken by his mother Mary Ligon and turned into the vision for the Coffee Bunker.

Coffee Bunker opened its doors lead by Mary Ligon on September 11, 2010. Mary remains heavily involved and is the heart of the bunker and driving force behind the compassion it shows to all veterans every day.

Mary is often heard saying: “I wonder… would Daniel be here today, if Coffee Bunker had been here yesterday?”

Without question the Coffee Bunker has saved lives and will continue to do so with the help of the agencies and community that have joined this cause.
15,014 LOGGED IN VETERANS
48 VETERANS A DAY
578 NEW VETERANS
48 NEW VETERANS A MONTH
2,468 GUEST AND FAMILY
648 VETERANS RECEIVED FOOD
$4107 IN EMERGENCY FUNDS
OVER 8,000 VOLUNTEER HOURS
AN AVERAGE OF 6 HOMELESS VETERANS A MONTH BROUGHT TO SERVICES
Coffee Bunker has added a kids room to help keep the veteran and his family as one unit. While the veteran is being provided with valuable resources his or her child has a place to play and feel welcome. The added advantage has been the children enjoying the playroom so much that they help to get the veteran out of their house and playing with their child at the Coffee Bunker.
Veterans identified numerous potential benefits to a peer support program, including social support, purpose and meaning, normalization of symptoms and hope, and therapeutic benefits. Veterans also identified ways that peer support could complement psychotherapy for PTSD by increasing initiation and adherence to treatment and supporting continued use of skills after termination. Results also indicated that Veterans may prefer peer support groups that are separated according to trauma type, gender and era of service.

Social support is known to be protective for veterans, but our findings add the nuance of substantial obstacles veterans face in locating and accessing support, due to disconnection and unsupportive institutions. Larger scale work is needed to better understand how to foster peer connection, build reconnection with family, and engage the broader community to understand and support veterans; interventions to support reconnection for veterans should be developed.

Dealing with MST and other related issues, Lady Bunker was created to give female veterans a place to go and peer support for all females.

Lady Bunker is every Tuesday from 11AM until 3PM.
Operation Scout

Free WIFI & computer access
Scanner printer fax and copier access
Study groups
Tutoring
Resume Assistance
Service connection
Employment assistance through Workforce Oklahoma, the VA, Ticket to work, VOA, local companies and Individuals
Grant provided by Spirit Aerosystems
Operation Safety Net & Bunker Outreach

Housing assistance through BRRX4Vets VA Homeless Outreach & John 316
Thursdays 2pm to 5pm

Outreach to veterans on the street and in hospitals
Bunker Arts & Crafts/Meeting Area

- Pencil art taught by Award winning local Vietnam Veteran Ken Brown Fridays 12:30-2:30pm

- Help Hospitalized Veterans (HHV) over 1000 crafts available free to veterans available through Amanda Eddy craft director Tuesday through Friday

- Native American Beadwork 6pm to 8pm Fridays
Ligon Hall

- Video games
  - Xbox 1 and PS4
- Movies
- Darts
- Billiards
- Special events
- Camaraderie
Service Officers
Monday & Friday
Disabled American Veterans
American Legion

DAV
FULFILLING OUR PROMISES
TO THE MEN AND WOMEN WHO SERVED

AMERICAN LEGION
Bunker Holidays

The Coffee Bunker is open most major holidays all day and provides holiday dinners, Christmas gifts for children and Easter baskets for veterans children.
Limited clothing area for veterans. Availability depends on donations. New and gently used clothing is accepted. Items are kept two weeks then used through homeless veteran outreach.
Very limited food pantry for those in immediate need. Only requirements for assistance is veteran status. Amount of assistance dependent on need and family size.
Lunch packs are for those who are working or in school to take with them for on the site lunches.

Snack packs are for immediate relief of those who are visiting the Bunker that are hungry.

Hygiene packs are available to any veteran who request them.

All packs are limited and replenished through donations and programs from area churches and the American Charity League.
The food truck from The Community Food Bank of Eastern Oklahoma comes to the Bunker every Wednesday and Friday starting at 12:30.

Assistance with food pantry and outside events.
Fighting Addiction provides veterans with a peer run 12-step group that welcomes all addictions in an environment with other veterans who share the same struggles.

REBOOT’s faith-based combat trauma healing course that is designed to address the spiritual wounds of war.

Fighting addiction is on Fridays at 6pm

REBOOT is every Thursday at 6:30 pm classes run on a 12 week schedule and requires sign up.
VTC Engage allows veterans who are in the Veterans Treatment Court to have meaningful task and improved networking through their community service and give back hours.

These opportunities are offered in respectful and empowering ways that give the veteran back their pride and honor in serving their fellow veterans in the community.

Many veterans have found the volunteering meaningful enough that they continue to serve the veteran community long after their graduation and keep the relationships built during their required hours that last and provide positive support networks to keep them from falling back into bad patterns of behavior.
Coffee Bunker looks to the community to support our efforts and partners with over 155 different community organizations, local companies and individual community members to make all of what we do possible.
Blue Star Mothers
Community Food Bank of Eastern OK
Community Service Council
Daughters of the American Revolution
Department of Rehabilitation Services
Department of Veterans Affairs
Disabled American Veterans
Help Hospitalized Veterans
John 3:16 Mission
Department of Veterans Affairs
Partners for Heroes
Soldiers Wish
Tulsa Mayor’s Advisory Council
Tulsa Vet Center
University of Tulsa
Valor Strength and Fitness
Veterans Treatment Court
Volunteers of America
Workforce Oklahoma
AND MOST IMPORTANTLY, CITIZENS AND COMMUNITY ORGANIZATIONS JUST LIKE YOU!!!
WITHOUT THE COMMUNITY AND COMMUNITY CENTERED BUSINESSES WE DO NOT EXIST!!!