RESILIENCE: The ability to grow and thrive in the face of challenges and bounce back from adversity.

How resilient are you? Do you “bounce back” or do you languish in your circumstances? Do you grow or do you remain unhappy and unhealthy? Are you the one that is content with “I’ve fallen and I can’t get up” or are you the one that gets up, dusts off, and goes for the next round?

Resilience training will help Families navigate the simple and complex roads of Army life. Become a victor not a victim – learn to bounce back!

All training will be conducted at the Family Outreach Center, building 33512, (behind Woodworth Library), Rice Road. Registration is required. To register, contact Shawn Williams at 706-791-1958 or shawn.williams1@us.army.mil.

Childcare costs will be paid by ACS. Participants must use the Child Youth and School Age Service (CYSS). Children MUST be registered to be eligible for care. The point of contact for childcare registration and reservation is Kathleen Duncan at 706-791-1305. If you’ve already registered your children go to https://webtrac.mwr.army.mil/webtrac/gordoncyms.html to reserve your slot for the training.

NOTE: You must have a username and password.