

Airborne & Ranger Training Brigade

Resiliency Resources

24-Hour Battalion Staff Duty: 706-545-6492



Comprehensive Soldier Fitness

FORT BENNING CONTACT NUMBERS

Physical	Social	Family	Emotional	Spiritual
<p>Combined Troop Medical Clinic 706-544-2273</p> <p>-----</p> <p>Martin Army Community Hospital 706-544-2041</p> <p>-----</p> <p>Family Fitness Center 706-545-4162</p>	<p>Morale, Welfare, and Recreation 706-545-1511</p> <p>-----</p> <p>Better Opportunities for Single Soldiers 706-544-5259</p> <p>-----</p> <p>Army Community Services (ACS) 706-545-0403</p>	<p>Army Family Advocacy Program 706-545-4013</p> <p>-----</p> <p>Brigade Family Readiness Group 706-544-6674</p> <p>-----</p> <p>Family Housing (The Villages of Fort Benning) 706-685-3939</p>	<p>Army Substance Abuse Program 706-545-7027</p> <p>-----</p> <p>Fort Benning Behavioral Health 706-544-3590</p> <p>-----</p> <p>Brigade Master Resiliency Trainer 706-544-6451</p>	<p>Brigade Chaplain 706-626-1549</p> <p>-----</p> <p>Brigade Chaplain Assistant 706-330-4696</p> <p>-----</p> <p>Family Life Chaplain 706-545-1760</p> <p>-----</p> <p>Garrison Chaplain 706-545-2288</p>

Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self-control, stamina and good character with your choices and actions.

Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.