



SUMMER TEEN READY AND RESILIENT PROGRAM

Fort Bragg Child and Youth Service is offering a Teen Ready and Resilient Program that can help teens prepare for high school or their first year of college! ***The program is offered at no cost to Military-connected teens.***

Ready and Resilient (R2) provides the foundation for teens to build and sustain personal readiness and resilience. R2 provides training and education resources to Family Members at R2 Performance Centers across the Army.

The Teen Ready and Resilient Program will promote the adoption of productive thoughts, actions, and habits that can be learned. Resilience is not just about "bouncing back" from major life challenges, resilience prepares you to deal with life's challenges by giving you the ability to cope with adversity, adapt to change, and thrive under new conditions.

- Schedule:** Monday-Friday, August 4-8, 2025
9:00AM-4:15PM
- Location:** Gavin Hall, Bldg C-7417,
All-American Way, Fort Bragg, NC 28307
- Registration:** Participants must be **REGISTERED** with
Fort Bragg Child and Youth Services.
Enroll at: <https://webtrac.mwr.army.mil>
- Deadline:** July 11, 2025
25 seat limit, first come first serve.
- Eligibility:** Open to rising high school students and
recently graduated high school students
entering their first year of college.
- Activities:** Teens will also participate in: **ESCAPE
ROOM** at Escapology / Fort Bragg's
**LEADERSHIP REACTION COURSE /
INDOOR ROCK CLIMBING** at The Climbing
Place / Community **VOLUNTEER** activity /
ZIP LINING at Zip Quest

FOR MORE INFORMATION, CONTACT FORT BRAGG SCHOOL SUPPORT SERVICES AT 910-366-4730



Fort Bragg School Support Services - A Driving Force for Student Success
Soldier Support Center, 1st Floor 1-C-100 OR 4th Floor, Room 439
OR Parent Central Services, BLDG 1-4157, Knox St.
910-908-2619 | 910-432-1023 | 910-396-3338 | <https://bragg.armymwr.com>

