

Resilience Pathways

JB MDL Resilience

Finding Solutions to Life's Challenges

To register for classes and for more information, click [here](#).

Welcome to a new base-level initiative available to all JB MDL members to include active duty, reserve, spouses and DoD civilians. Take classes provided by base helping agencies to increase Total Force Resiliency. A variety of classes will help to strengthen the resiliency pillars of physical, mental, social and spiritual fitness. These classes are marketed as beneficial to individuals and for those who support others who may need assistance. The most powerful result is that a larger portion of the Military Family is given tools to help themselves and others.

Joint Base McGuire Dix-Lakehurst offers recognition after completion of 10 credits with 1 star certificate; 20 credits with 2 star certificate and 30 credits with 3 star certificate. Contact your Community Support Coordinator at lisa.williams.22@us.af.mil for more information or to verify completion of class. Military members can list the class accomplishments on awards packages in the continuing education category or professional experience and civilians and family members can provide this professional development on resumes with verification that coursework has been completed.

Do you advise, supervise, mentor or teach? *You will be able to increase your personal resilience skills, and be ready to help support others!*

Resilience Pathways is brought to you by the Integrated Delivery System (IDS). The IDS is a team of JB MDL helping agencies whose mission is to "Develop and foster a cross-service Joint Base mission and culture with goals, services, and tools integrated to support the readiness, wellbeing, and community of Total Force members and families."