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“My Passport to Resiliency” is a 4FW time-off incentive based initiative, promoting voluntary attendance of proactive healthy life skill classes.

Attend 5 separate classes = 1 day pass OR attend 10 classes = 3-day pass (within 12-month period)

Participating IDS Helping Agencies

Airman and Family Readiness Center	919-722-1123
Base Chaplain Corps	919-722-0315
Family Advocacy	919-722-1878
Health Promotions (Health & Wellness)	919-722-0407
Mental Health	919-722-1883
Adult Military Family Life Counselor (MFLC)	919-886-3346

For complete “Passport” info and a listing of approved classes, please visit the Resilience portion of the 4FW web page at www.seymourjohnson.af.mil/Units/SOAR.aspx or contact the Community Support Coordinator at (919) 722-0560.



www.wingmantoolkit.org

MY PASSPORT



TO RESILIENCY

SEYMOUR JOHNSON AFB