

Fort Riley Resiliency Campus



The Fort Riley Resiliency Campus is located on Custer Hill; Resiliency Headquarters, Kapaun Chapel, Army Community Services, the Resilience Learning Center and Craig Fitness Center provide physical, emotional, social, family and spiritual support, acting as an epicenter of services for Soldiers and Families. (Resiliency programs can be found on all corners of the installation.)

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity. Resiliency programming at Fort Riley is the cornerstone in delivering Comprehensive Soldier and Family Fitness to our Soldiers, their Families, Retirees and Army Civilians. The Fort Riley Resiliency Campus seeks to increase resilience and enhance performance by developing and strengthening the five dimensions of strength.

For more information contact 239-9435

(Army Community Services)

Physical Strength

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

Craig Fitness Center

Bldg 7024

- Mission Essential Fitness
- Climbing Wall

King Field House – Bldg 202*

- Spinning
- TRX
- Rowbics
- Zumba
- Personal Training
- Intramural Sports:
 - Flag Football Volleyball
 - Basketball Softball
 - Skeet & trap Soccer

Additional Fitness Centers:

Leonard Fitness Center – Bldg 7632*

Long Fitness Center (Aquatics) – Bldg 8069*

Robinson Fitness Center – Bldg 7832*

Nutrition & Health Education

Bldg 7264

Classes on what to eat, how to prepare it, and how to save money in the process!

Mind Fitness

Bldg 7285

- Energy Management
- Biofeedback stations
- Bal-a-Vis-X classes

Warrior Medical Readiness Clinic

Bldg 7671*

The clinic provides testing to detect cognitive and memory defects in Soldiers; testing both prior to and following deployment.

Emotional Strength

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

Warrior Adventure Quest (WAQ)

Bldg 9011*

WAQ is a Soldier reintegration program which combines existing outdoor recreation high adventure, high adrenaline activities with resilience skills training which enhances unit readiness by building unit cohesion.

Army Substance Abuse Program

Bldg 7224

-Confidential Alcohol Treatment Education Pilot (CATEP)

CATEP is a new innovation which allows Active duty Soldiers to enroll for treatment or education for alcohol related problems confidentially.

-Suicide Prevention Program (SPP)

SSP provides Soldiers and commands the ability to identify those that are at risk of suicide and provides them the intervention skills needed to assure those at risk are properly cared for and referred.

-Employee Assistance Program (EAP)

EAP seeks to deliver screening, short-term counseling and referral services for eligible civilian corps members and military Retirees and their Family Members.

Financial Assistance & Education

Bldg 7264

- **Army Emergency Relief**
- **Financial Resilience Enrichment Education (FREE).** Offers classes in money management to build financial resilience and withstand life events.

Social Strength

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.

USO Bldg 6918*

USO Fort Riley is a 7,000-plus square foot facility, open 365 days a year, which provides service members and their Families with access to free phone calls home, free WiFi Internet access, several computer workstations, library, Family room, conference room, snack bar area with free drinks & snacks, entertainment area featuring Xbox 360 & PS3 video gaming consoles as well as a Nintendo Wii area, traditional games such as pool, foosball, air hockey, poker, and shuffleboard tables, large screen televisions, a movie theater, and an outdoor patio.

Better Opportunities for Single Soldiers (BOSS) – Bldg 7867*

BOSS supports the overall quality of life for single Soldiers by focusing time and energy into three aspects of a Soldier's life: Community Service, Quality of Life, and Recreation.

The Warrior Zone Bldg 7867*

Warrior Zone is a state of the art technology center on Custer Hill. 27,000 sq ft of computers, video games and HD screens, 6 satellite feeds, wi-fi, horseshoes and pool tables add up to the best place on post for Soldiers to relax.

Hearts Apart Bldg 7264

Hearts Apart provides opportunities for spouses of deployed Soldiers to socialize and have fun.

Family Strength

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.

Counseling & Education (MFLC)

Bldg 7264. Counselors stand ready to help with issues ranging from personal, emotional, Family, and parenting to deployment, stress, and anger.

Parenting Education and Assistance

Bldg 7264. Parents may enroll in classes or request a home visit.

Marriage Enrichment Education

Bldg 7264. From “a mission centered marriage” to relationship enhancement classes, ACS can help your marriage grow.

Helping Spouses Grow

Bldg 7264. Whether you would like to get your citizenship, finish high school or just need some assistance with your resume, ACS stands ready to assist you on your path.

Deployment & Resilience Enrichment

Bldg 7264. AFTB, Master Resilience Resilient Spouse Academy & more.

Survivor Support

Bldg 510.* Provides long term support and care to Families of Fallen Soldiers. Services include assistance with benefits, community resources, and financial support.

Child, Youth and School Services

Bldg 6620.* CYSS provides programming and services to reduce the conflict between mission readiness and parental responsibility. From childcare and youth sports to teen centers and school liaison support, CYSS stands ready to serve military Families.

Spiritual Strength

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

Spiritual Fitness Information Center

(SFIC) - Bldg 7086, Kapaun Chapel

SFIC provides Soldier and Family access to faith-based resources and information intended to promote spiritual discovery and formation.

Force Well-Being

These programs supplement the five pillars of strength, serving as additional tools to support Soldier, Family and Civilian resilience.

Army Traffic Safety Training Program (ATSTP) – Bldg 7305*

ATSTP will provide all Soldiers with motorcycle training before operating a motorcycle, ATV, or dirt bike. Unit mentors will provide refresher training to all redeploying Soldier before operating a motorcycle.

Workforce Development (WFD)

Bldg 215, Room B35*

Providing leadership, professional and self development training opportunities for the Fort Riley Civilian Workforce.

Volunteer Opportunities

Bldg 7264

Many people feel strongest when helping others. Volunteer Coordinators connect volunteers and opportunities.



* Building is not located in the campus epicenter