

RESILIENCY CENTER

WE are **READY**
WE are **RESOURCEFUL**
WE have the **REFERRALS**
WE ARE HERE FOR YOU

You have power over your
mind, not outside events.
Realize this and you will
find strength." Marcus
Aurelius

#1 RESOURCE

<https://www.militaryonesource.mil/>
A One Stop Resource that is able to help with your daily living concern. Updated information on the issues of today. From Tax Concerns, Worldly Issues or just needing to speak with someone about how you are feeling, they have it all.

Top 10 COPING STRATEGIES

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|---------------|----------------------|
| 1. Meditation | 6. Deep Breathing |
| 2. Puzzles | 7. Writing |
| 3. Music | 8. Physical Activity |
| 4. Friends | 9. Self-Talk |
| 5. Pets | 10. Art |

CONTACTS

Personal Financial Counseling for Financial/Mortgage/Unemployment/Debt or Bill Concerns

Randy Gerard (573) 415-6934

PFC.Rosecrans.ANG@Zeiders.com

Yellow Ribbon for Event Concerns

Kathy Kapp (816) 387-3587

mary.k.kapp.ctr@mail.mil

Military Family Life Counseling for Daily Living Concerns

Karen O'Dea (816) 722-0342

139awmflc@gmail.com

Airman & Family Readiness Program Manager for Resources/Referrals/TAP-Deployment Concerns

Amy Mathias (816) 390-2777

amy.m.mathias.civ@mail.mil

Sexual Assault Response Coordinator for Reporting Issues of Assault

1st Lt Mumma (816) 341-3348

usaf.mo.139-aw.mbx.sarc@mail.mil

Chaplain for Spiritual Counseling Concerns

Father Tom (816) 390-0975

thomas.k.ludwig.mil@mail.mil

Mental Health for your specific personal Mental Health Concern

DPH Bethany Harris WAFB, (314) 753-0342