



BRIDGECHAT

DISCUSSION GUIDE

2024 ACC BRIDGE CHAT TOPICS

JANUARY

What's your call sign?

Identifying and embracing your strengths.

FEBRUARY

Reshaping Mindset

Behaviors for setting norms of dignity and respect.

MARCH

Your voice matters!

Surveys, reviews and feedback, small changes, big results.

APRIL

Boundaries

Consent defined and respect for others.

MAY

Standards

Dress, appearance, and conduct – professionalism and pride.

JUNE

Belonging Part II

When diversity & inclusion come together.

JULY

Be a Superhero!

Overcoming barriers to take action.

AUGUST

Who's Got Your Six?

Peer support: help is everywhere.

SEPTEMBER

Combat Ready

Holistic health for optimal performance.

OCTOBER

Accessibility

Information, environments, activities, and people available to all.

NOVEMBER

Invisible Wounds

Dealing with loss, divorce, grief, or death.

DECEMBER

Bridging the Generation Gap

How to communicate across the ages.

Please note that monthly topics may change. Check the Bridge website for current listing <https://www.acc.af.mil/About-Us/The-Bridge/> or contact ACCA1.A1.Bridge@us.af.mil with questions.