



Make it Better Clubs- Seymour Johnson AFB

FOCUS AREA: CONNECTION TO BUILD PROTECTIVE FACTORS



“QUOTE FROM PARTICIPANTS”

- MIB saved my life! I was suffering from postpartum depression and found one of the clubs. Meeting new friends and connecting with others turned my life around.
- MIB helped me in so many aspects of my life and I've seen the impact it has had across the wing
- MIB is wonderful! Something for everyone.
- The MIB program is an absolutely great way to connect with other people. As a young Airman, it helped me get out of my comfort zone and meet new people

WHAT: Make it Better Club movement is an initiative that began in 2014 with the goal of accelerating connections among Airmen and families. It groups people together with shared interest and offers an outlet to ease life stressors. It has been exported to 8 other installations.

WHO: Everyone!