



# Super Power for Spouses-Nellis AFB

FOCUS AREA: RESILIENCE/COMMUNITY COHESION



**WHAT:** Spouse-focused resilience training

**PROGRAM:** Nellis spouses adapted the Resilience Training Assistant training materials to meet the needs, concerns, and interests of spouses. Topics covered: gratitude, mindfulness, effective communication skills, and problem solving.

**WHO:** Motivated spouses with support and guidance from Community Support Coordinator.

*"Excellent course. So grateful to have met all of you and to have made these connections. I learned so much about myself and about how and what I need to communicate, to deal with the military life, and to help my spouse, and be my best. Thank you!" - Nellis Spouse*

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