



COMPREHENSIVE SOLDIER & FAMILY FITNESS TRAINING CENTER



BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

Visit us on the web at
<http://csf2.army.mil>

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FY16 Training Dates:

◆ **June 28-29, 2016**
5:30pm - 9:30pm

Registration:
Applications will be accepted
beginning May 23, 2015 for the
June CP&R.

◆ **August 2-3, 2016**
5:30pm - 9:30pm

Registration:
Applications will be accepted
beginning July 5, 2015 for the
August CP&R.

Contact the Fort Bragg CSF2
Training Center at (910) 908-4459
to register

CSF2 High School **Performance & Resilience (HP&R)**

Who:

Current High School Juniors and Seniors

What:

Learn and apply Resilience and Performance skills to help you perform better academically. The skills you are taught during the course will enable you to enhance your study strategies, build and maintain better relationships and effectively bounce back from adversity.

When:

Tuesday and Wednesday, June 28-29, 5:30pm-9:30pm
Tuesday and Wednesday, August 2-3, 5:30pm-9:30pm

Where:

All-American Conference Room, Gavin Hall
1 All American Way BLDG C-7417, beside the 82nd
Airborne Division Headquarters off Gruber Road, Fort Bragg 28310
(beside Ritz-Epps Gym)



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- ✓ Get more out of study sessions (Individual & Group)
- ✓ Spend less time studying
- ✓ Learn the benefits of study groups
- ✓ Increase GPA
- ✓ Think more clearly and accurately
- ✓ Communicate more effectively
- ✓ Create and maintain better relationships