

What is Recharge For Resiliency(R4R)?

The Recharge for Resiliency program is the capstone for resiliency programming across the Air Force. R4R is made up of 3 key resiliency components; Single Airman Program Initiative, RecOn, and Deployment Affected Programming.

- Single Airman Programming Initiative (SAPI): Provides resources that foster a strong culture, mission and sense of community among single Airmen.
- RecOn: Provides resources for outdoor centric, high adrenaline, or post deployment stress reduction activities that are available through FSS Outdoor Recreation Centers.
- Deployment Affected Programming: Provide resources targeting deployed-affected, and dependent restricted, Air Force installation assigned service members and their families providing relief from the challenges of deployment.

Who is eligible to participate in R4R?

- Just about everyone!!
- Single Airman & Soldiers- Air Force and Army Active Duty or Reserve Component officer or enlisted member without a spouse.
- RecOn- Air Force and Army Active Duty or Reserve Component personnel and their family members
- Deployed Affected Programming- Deployed-affected and dependent restricted assigned Air Force and Army personnel and their family members.

What kinds of activities and events are coming up in R4R?

- Bowling, fishing cruises, golf instruction, paintball, block parties, cooking classes, beach trips, DC tours, camping, and a number of other recreational and leisure outings.
- Note: Although there will be some events that are component specific, the majority of our programs will combine multiple components.

Where do I get information on R4R activities and events?

- Monthly Email- The best source for details on upcoming (R4R) activities and events. The email is sent from members of the Community Programs and Partnership Office(CPPO), and circulated by base leadership and private organizations. If anyone would like the weekly email sent directly to their inbox, send an email to rowena.cornwell@us.af.mil with the subject line "R4R Direct Contact".

For more information on R4R, please contact the Riverview Event Center at 757-764-2983. We look forward to serving our military members and their families.

Join Us!

