

What we do

The VRC provides health and wellness programs for the Joint Base San Antonio community. We empower individuals, families, and organizations by exploring mind, body, and spirit lifestyle changes.

We serve

- Active Duty
- Dependents
- Retirees
- DoD Civilian Employees
- Guard
- Reserve

In Pursuit of Epic Well-Being

re·sil·ience /ˈrɛzilyəns/

noun

1. the capacity to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

Vogel Resiliency Center

2490 Stanley Road, Bldg. 367
JBSA-Fort Sam Houston, TX 78234

(210) 539-1281 or 1282

Current as of 18 July 2019

Joint Base San Antonio



VOGEL
RESILIENCY CENTER

EXPLORATION
EMPOWERMENT
EPIC WELL-BEING

HOW WE HELP

The Vogel Resiliency Center (VRC) is a team of experts from multiple agencies working together to empower you to become a healthier you. For more information call the numbers below.

Family Life Program

Workshops for parenting, marriage, leadership, team-building, anger, stress, communication, and other life skills.
(210) 221-0349

Army Wellness Center

Health assessments, wellness education, physical fitness, weight control, stress management, biofeedback, unit assessments
(210) 539-1254

Substance Abuse, Suicide Awareness, and Risk Reduction

Comprehensive education and awareness on substance abuse, suicide prevention and other high risk behaviors.
Substance Abuse (210) 221-0326
Suicide Awareness (210) 221-2093
Risk Reduction (210) 221-1696

Military and Family Life Counselor

Non-medical, off-the-record counseling for relationships, parenting, conflict resolution, and military lifestyle issues.
(210) 672-0529

Nutrition Coaching

Nutrition classes, nutrition therapy, healthy life-style courses, injury and illness prevention.
(210) 808-2232

Resiliency Kitchen

Hands-on culinary experience to enhance resiliency and life skills in support of epic well-being. Email to receive information and invitations to classes:
christine.e.abraham.civ@mail.mil

Personal Finance Counseling

Budgeting, goal setting, credit/debt management, home & car buying, investing.
Mobile (210) 243-3752
Office (210) 221-9198

Family Life Chaplain

Marriage, family, and personal counseling, holistic care, referral, and religious support.
(210) 808-0541 and 221-9445

Public Health Nursing

Community assessments, tobacco cessation Champion, health education/prevention, health threat investigations.
(210) 916-7646

Ready & Resilient Performance Center

Achieve personal readiness and optimize performance at work, during healing, or managing home life.
(210) 808-0086 and 808-0089

All services are non-fee

PHYSICAL SPIRITUAL PSYCHOLOGICAL SOCIAL