

## What is AFTB?



Army Family Team Building (AFTB) is an **educational program** designed to give family members and soldiers the **tools** to survive and thrive in the military life-style.

There are **3 levels of training** which provide students information to help them learn about available community resources, how to translate Army lingo, develop realistic expectations, and basic problem solving.

AFTB provides **personal and professional development** such as leadership skills, communication skills, group dynamics, and team building.

## JANUARY-JUNE 2012 SCHEDULE OF EVENTS

### LEVEL I

Jan 24 & 26	0900 - 1430
Feb 21 - 23	1800 - 2100
March 24	0900 - 1730
April 3 & 5	0900 - 1430
May 15 - 17	1800 - 2100
Jun 23	0900 - 1730

### LEVEL II

Jan 21 & 28	0900 - 1530
Feb 7 - 9	0900 - 1430
Mar 19 - 22 & 26	1800 - 2100
April 14 & 21	0900 - 1530
May 1 - 3	0900 - 1430
Jun 11 - 14 & 18	1800 - 2100

### LEVEL III

Jan 9 - 12	1800 - 2100
Feb 4 & 11	0900 - 1530
Mar 6 - 8	0900 - 1430
Apr 16 - 19	1800 - 2100
May 5 & 12	0900 - 1530
Jun 26 - 28	0900 - 1430

### BASKET BINGO

April 12th (tentative)

All Classes Subject to Change

**AFTB 18th Birthday**

**December 16, 2012**

Connecting Families to  
the Army...one class at a  
time!



# Army Family Team Building

**Call us to sign up for classes or for  
additional information  
569-5500**





## LEVEL 1

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Updated in 2004, Level 1 courses are targeted toward those new to the Army or interested in updating personal skills or basic knowledge of the Army. Classes include:

- *Expectations and Impact of the Mission on Family Life*
- *Military Acronyms and Terms*
- *The Chain of Command*
- *Introduction to Military Customs and Courtesies*
- *Basic Military Benefits and Entitlements*
- *Introduction to Military and Civilian Community Resources*
- *Introduction to Family Readiness Groups*
- *Supporting Your Child's Education*
- *Introductions to Family Financial Readiness*
- *Basic Problem Solving*

**10 HOURS OF INSTRUCTION**

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**FREE CHILD CARE FOR DAYTIME CLASSES**

*(Call the CDC at 568-5689 for reservations)*

## LEVEL 2

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Level 2 courses provide personal development and encourages emerging leadership from within the Army community, as well as learning how to cope with challenging situations. Classes include:

- *Communication*
- *Personal Time Management*
- *Stress Management*
- *Acknowledging Change*
- *Exploring Personality Traits*
- *Team Dynamics*
- *The Volunteer Experience*
- *Enhancing Personal Relationship*
- *Personal Conflict Management*
- *Creative Problem Solving*
- *Traditions, Customs, Courtesies and Protocol*
- *Crisis, Coping and Grieving*
- *Family Readiness Groups and Deployment Cycle*
- *Introduction to Leadership*

**13 HOURS OF INSTRUCTION**

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*For information about classes offered call*  
**569-5500**

*Online Course: [www.myarmyonesource.com](http://www.myarmyonesource.com)*

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## LEVEL 3


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Level 3 courses offer training to enhance the professional growth and leadership development opportunities of family members, especially those who might assume advisory and mentoring roles within the unit and community. Classes include:

- *Communication Skills for Leaders*
- *Understanding Needs*
- *Leadership Styles*
- *Building Cohesive Teams*
- *Managing Group Conflict*
- *Leader Assisted Problem Solving*
- *Delegation for Leaders*
- *Meeting Management*
- *Coaching and Mentoring*
- *Family Readiness Group Leadership*

**12 HOURS OF INSTRUCTION**

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*All classes will be held  
at the  
ACS Family Resilience Center,  
Bldg. 250 Club Road*