

AFTB is about readiness:

Army Family Team Building (AFTB) is a program designed to equip America's Army with the knowledge and skills needed to meet the challenges and opportunities of military life. It is training that prepares Soldiers and Family Members to function at their highest level, in any situation with minimal outside support. AFTB improves personal and Family preparedness, which enhances overall Army Readiness.

AFTB is about caring family members:

AFTB is a grassroots driven program. Volunteer Family Members serve as AFTB Instructors, sharing their experience and knowledge with other family members. AFTB uses all the resources available—from our most seasoned Family Members to our most junior, our retirees and our civilians to ensure that Family Members helping Family Members not only continues, but is supported by the Army leadership in a formal, organized structure.

AFTB is about YOU!

Everyone can be involved in AFTB! Classes are broken into levels which are designed to meet the needs of individuals with varying degrees of experience or affiliation with the military. Classes may be set up at the unit with a Family Readiness Group or open to the general population.

Classes are offered monthly. Anyone may attend or request a class. All classes are free of charge and all materials are provided. Free childcare is available for daytime classes, with registration and advanced reservation.

If you would like more information about AFTB, or you would like to arrange a class, please contact the Fort Rucker AFTB Program Coordinator.

**For additional information
or online classes visit
www.MyArmyLifeToo.com**

Comm: 334-255-2382

DSN: 558-2382

Soldiers Service Center

Bldg 5700 Room 390

Fort Rucker, AL 36362

Monday-Friday 0730-1615

Closed on Holidays

ARMY FAMILY TEAM BUILDING



*“CONNECTING FAMILIES
TO THE ARMY.....
ONE CLASS AT A TIME”*

ABOVE THE BEST!

**FORT RUCKER
255-AFTB (2382)**

LEVEL I

Army 101

Level I: Courses are targeted toward Family Members new to the Army or anyone interested in updating personal skills or basic knowledge about the Army.

- 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
- Family Financial Readiness
- Basic Problem Solving

Levels do not have to be taken in any particular order.

Level II

Management Training

Level II: Courses are targeted toward emerging leaders within the Army Community.

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

Level II and III can be taken without completing Level I.

Level III

Professional/Personal Development

Level III: Courses are targeted toward enhancing professional growth and leadership development.

- 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

Fort Rucker AFTB

Call us today

255-AFTB (2382)