

Strong Families are the Pillar of Support behind Strong Soldiers

AFTB is a training program that was developed by the **G9 - Family and Morale, Welfare, and Recreation (FMWR)** to provide training and knowledge for our **Army Families**. The training leads to skills, abilities and behaviors that will prepare the **Army Family** to move successfully in the future.



Army Family Team Building
Family Readiness Center (FRC) Bldg 924
Phone: 337-531-9421/9426
Website: www.MyArmyOneSource.com

Empowerment Dates

2013

Level I (8:30 a.m. - 2:30 p.m.)

January 22 & 23
April 16 & 17
August 13 & 14
October 15 & 16

Level II (8:30 a.m. - 2:30 p.m.)

February 12, 13, & 14
May 7, 8, & 9
August 27, 28, & 29
November 5, 6, & 7

Level III (8:30 a.m.- 2:30 p.m.)

March 19, 20, & 21
September 17, 18, & 19

Funded childcare is available.
Children must be registered
with CYS Services.
Please call 531-9426 to register for classes.

Like us on Facebook at Fort Polk Army
Family Team Building



AFTB

Army Family Team Building

Empowering Army Families



Level I — “Learn” (Army)

- 1.1 Expectations & Impact of the Mission on Family Life
- 1.2 Military Acronyms and Terms
- 1.3 The Chain of Command
- 1.4 Introduction to Military Customs & Courtesies
- 1.5 Basic Military Benefits & Entitlements
- 1.6 Introduction to Community Resources
- 1.7 Introduction to Family Readiness Groups
- 1.8 Supporting Your Child’s Education
- 1.9 Introduction to Family Financial Readiness
- 1.10 Basic Problem Solving

AFTB helps Family members learn about the Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize community resources, attain better financial readiness and understand the goal and impact of the Army mission.

Level II — “Grow” (Personal Skills)

Helps Family members improve personal skills through the development courses of leadership and management in conjunction with the FRG, Community agencies, or other military and civilian organizations.

- 2.1 Communication
- 2.2 Personal Time Management
- 2.3 Stress Management
- 2.4 Acknowledging Change
- 2.5 Exploring Personality Traits
- 2.6 Enhancing Personal Relationships
- 2.7 Team Dynamics
- 2.8 Personal Conflict Management
- 2.9 Creative Problem Solving
- 2.10 Traditions, Customs, Courtesies & Protocol
- 2.11 Crisis, Coping and Grieving
- 2.12 The Volunteer Experience
- 2.13 Family Readiness Groups and the Deployment Cycle
- 2.14 Introduction to Leadership

Level III — “Lead” (Others):

Helps Family members develop advanced leadership skills and enhances participant’s organizational skills in the Army and civilian life.

- 3.1 Communication Skills for Leaders
- 3.2 Understanding Needs
- 3.3 Leadership Styles
- 3.4 Building Cohesive Teams
- 3.5 Managing Group Conflict
- 3.6 Leader Assisted Problem Solving
- 3.7 Delegation for Leaders
- 3.8 Meeting Management
- 3.9 Coaching And Mentoring
- 3.10 Family Readiness Group Leadership

AFTB is a modular training program that is organized into three levels. The program is flexible and the classes can be taught separately for a unit briefing or a FRG meeting.

Strengthening the Army-One Family at a Time