

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.



Classes offered by AFTB:

Level K: Military Knowledge
(2 days)

Level G: Personal Growth and Resiliency (3 days)

Level L: Leadership Development
(2 days)

See inside for detailed list of classes within each level.

ACS Instructor Training
ACS Briefer Training
ACS Facilitator Training

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

Army Family Team Building
Family Readiness Center (FRC) Bldg 924
337-531-9421/9426

[www.jrtc-polk.army.mil/ACS/
ArmyFamilyTeamBuilding.html](http://www.jrtc-polk.army.mil/ACS/ArmyFamilyTeamBuilding.html)



<https://www.facebook.com/FtPolkAFTB>



AFTB

Army Family Team Building



Level I — Military Knowledge

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, acquire personal resiliency concepts and understand the goal and impact of the Army mission.

- K.1 Military Life...What Does it Mean?
- K.2 Military Acronyms and Terms
- K.3 Chain of Command
- K.4 Customs, Courtesies, Ceremonies, and Traditions
- K.5 Military Social Functions
- K.6 Military Benefits and Entitlements
- K.7 Introduction to Military and Civilian Community Resources
- K.8 Introduction to Family Readiness Groups
- K.9 Military Family Preparedness
- K.10 Resiliency, Be the Bouncing Ball

Level II —Personal Growth & Resiliency

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.

- G.1 Learn to Communicate
- G.2 Effective Conflict Management
- G.3 Problem Solving Strategies
- G.4 Exploring Personality Traits
- G.5 Improving Personal Relationships
- G.6 Successful Team Dynamics
- G.7 Growing Through Change
- G.8 Resiliency During Crisis and Grief
- G.9 Overcoming Stress
- G.10 Winning at Time Management
- G.11 Time to Serve: The Volunteer Experience
- G.12 Heading Toward Leadership

Level III —Leadership Development

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

- L.1 Leadership Through Understanding Needs
- L.2 Examining Your Leadership Style
- L.3 Effective Communication for Leaders
- L.4 Developing Great Meetings
- L.5 Establishing Team Dynamics
- L.6 Resolving Conflict
- L.7 Supporting Others through Coaching and Mentoring
- L.8 Virtual meetings: Tips and Techniques

Strengthening the Army-One Family at a Time