



Army Family Team Building

AFTB is a volunteer-supported Department of the Army (DA) training program designed to teach individuals and families how to be more independent within the military environment. AFTB also supports the total Army effort in helping those achieve their highest level of personal development.

Army Family Team Building Mission:

AFTB empowers individuals, maximizing their personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation meeting today's military mission.

Army Family Team Building Vision:

Strong, knowledgeable and engaged individuals and communities.

Army Family Team Building Values of excellence:

High Quality Training – It is our signature; it is who we are and what we do!

Resourcefulness – The ability to overcome challenges.

Life-Long Learning – Opportunities that meet the needs of our community.

Army Family Team Building Goals:

- **Prepare** individuals through specialized training generating flexible, adaptive and capable Soldiers, Families and Civilians.
- **Enhance** personal growth and professional development by leveraging an adaptive curriculum and technology meeting the needs of the transforming military.
- **Employ** resources to build and strengthen enduring partnerships resulting in resilient strong communities.

There are three levels of training for family members, civilian employees and military members which address multiple issues from an individual to leadership perspectives. All classes are free and taught by professionally trained instructors.

AFTB classes are useful not only in the military community we live in, but to provide education which translates into job skills and resume building. Come join us and meet new people, network and learn more about something you already thought you knew!



[AFTB Level I - Introductory "Learn"](#)

Level I contains 10 classes and is targeted toward people new to the military or for anyone interested in updating personal skills or basic knowledge.

Pre-registration is required.

[AFTB Level II- Intermediate "Grow"](#)

Level II contains 14 classes and is targeted toward emerging leaders within the general military community.

Pre-registration is required.

[AFTB Level III - Advanced "Lead"](#)

Level III courses offer training to enhance the professional growth and leadership development opportunities of those who might assume advisory and leadership roles within the community and military unit.

Pre-registration is required.

Courses are also available on-line by visiting www.myarmyonesource.com

Why Should I Attend AFTB?

AFTB helps you to not just cope with, but enjoy the military lifestyle. Many of the courses can be applied toward resume' and career building, self-development and leadership skills. Active duty Soldiers can earn promotion points for participating in the training. AFTB provides the knowledge and self-confidence to take responsibility for yourself and you're Family. The training is available to Soldiers, Family members of all Soldiers, Department of Defense civilians and volunteers

As a Commander, First Sergeant, or Family Readiness Group Leader, what can I do for AFTB?

The key to any great program is the people who participate in it. The single most important thing you can do for the AFTB Program is encourage attendance:

- **Take** an AFTB Level yourself. AFTB training has a lot to offer at all levels of experience.
- **Talk** positively about the program.
- **Ask** an AFTB Volunteer to come to an FRG meeting to brief the unit about AFTB.

I've been an Army spouse for over 10 years. I don't really need AFTB training, do I?

We highly recommend taking Level 1 no matter how many years as a military spouse you have. Think of all the experience and knowledge that you have to share with the other students in the class as well as having the ability to explain Level 1 to those you are encouraging to attend. AFTB Levels II and III are specifically designed with your experience in mind. Level II focuses on leadership training. These classes build on your experience and equip you to lead family members and volunteers within your unit and other organizations. Level III assists your transition from leader to mentor/advisor.

Do I have to take the classes in order?

No. While we encourage you to take each level in order that you may better understand the next level, you may take the levels according to your interest and schedule.

For Information contact:

Army Community Service

**Army Family Team Building (AFTB) Program Manager or
visit myarmyonesource.com**

**Bldg. 2503 Room 108
Aberdeen Proving Ground, MD 21005**

Operating Hours:

**Mon-Fri 7:30 a.m. to 5:00 p.m.
*Closed on all Federal Holidays***

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