



# ARMY FAMILY TEAM BUILDING

## EMPOWERING SOLDIERS & FAMILIES TO MAXIMIZE THEIR PERSONAL GROWTH

AFTB is a volunteer-led organization with one central tenet: provide training and knowledge to support the total Army effort. AFTB encourages strong Soldiers and Families and is training for a way of life that prepares everyone in America's Army to function at their personal highest level, in any situation, with minimal outside support. Why just survive your military experience when you can thrive?

Quarterly	Military Knowledge (Level K)	<p>These modules are crucial for those who are new to the Army. Participants are introduced to basic terms, acronyms, and resources that are needed in order to successfully transition into the Army lifestyle.</p> <p>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</p> <p>K.6: Military Benefits and Entitlements            K.7: Introduction to Military and Civilian Community Resources            K.8: Introduction to Soldier &amp; Family Readiness Groups (SFRGs)            K.9: Military Family Preparedness            K.10: Resiliency, Be The Bouncing Ball</p>
Portable Class or by Request	Personal Growth (Level G)	<p>Learn how to improve your personal relationships, communication and stress-management skills. Discover how teams form and grow, how to solve problems, and how to resolve personal conflict. These modules teach skills that will support your personal growth.</p> <p>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</p> <p>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</p>
Portable Class or by Request	Leadership Development (Level L)	<p>Thrive in the Army and civilian life by expanding leadership skills. You'll learn effective communication techniques and how to mentor others into leadership positions. This training is valuable to individuals who are, or want to be leaders, whether it is in the unit or the community.</p> <p>L.1: Leadership Through Understanding Needs            L.2: Examining Your Leadership Style Effective            L.3: Communication for Leaders Developing            L.4: Great Meetings</p> <p>L.5: Establishing Team Dynamics            L.6: Resolving Conflict            L.7: Supporting Others Through Coaching and Mentoring            L.8: Virtual Meetings: Tips and Techniques</p>
Bi-annually	ACS Instructor Training Course	<p>Family members, Soldiers, and Civilians learn to become an effective ACS instructor. No prior teaching experience is necessary.</p> <p>Students will learn the many skills and techniques necessary to be a successful facilitator. They'll also learn how to prepare for and present effective briefings, developing platform skills, teaching adult learners, and more.</p>
By Organization Request	Army 101	<p>As a civilian organization, understand more about how the Army works at Fort Carson and learn the basics of working with Soldiers and Families. A tour of the installation and lunch in a military dining facility are included.</p>



ACS Center

1517 Ellis St., Building 1201

FIND CLASS DATES & REGISTER ON OUR WEBSITE:

[WWW.CARSON.ARMYMWR.COM/ACS](http://WWW.CARSON.ARMYMWR.COM/ACS) • (719) 526-4590



# MOBILIZATION & DEPLOYMENT

## SUPPORTING SOLDIERS & THEIR FAMILIES IN MILITARY READINESS

The Mobilization, Deployment & Stability Support Operations (SSO) Program provides Active Duty, Reserve, and National Guard units with pre and post deployment/mobilization briefings, Soldier & Family Readiness Group (SFRG) assistance, information and referral services, and resource materials. The information and material is designed to support unit commanders in preparing service members, civilian employees, and their Families for military operations.

Monthly	CARE Team Training	Days Vary 9:30 a.m.- noon	The Casualty Response (CARE) Team fills the gap between the notification team and personal support arriving. Training prepares volunteers to help during a time of tragedy or loss.
Portable Class or by Request	Family OPSEC		As a member of the Army community, you can protect your Soldier by protecting the information that you know. This is known as Operations Security, keeping potential adversaries from discovering critical information. This class covers OPSEC as well as social media and personal security guidelines.
Portable Class by Unit request	Rear Detachment Leaders Course	2-Day Class 9:30 a.m.-4:30 p.m.	Provides an overview of the Rear Detachment Leaders role and the many support programs and services that are available both on and off the installation. Rear Detachment leadership team, Command Family Readiness Representatives (CFRRs), and support staff are welcome.
Bi-Monthly	Command Family Readiness Representative (CFRR) Academy	2-Day Class 9:30 a.m.-4:30 p.m.	The CFRR course is designed to prepare Soldiers who are appointed as CFRRs to assist with the operational, logistical, and administrative aspects of the SFRG. The CFRR needs to know the ins and outs of the SFRG and how their role can assist unit commanders with their SFRG. This two-day course includes all of the mandatory courses required for CFRRs.
Monthly	SFRG Key Contact Training		Soldier & Family Readiness Group (SFRG) Key Contact training covers the responsibilities and expectations of being a Key Contact. Learn how to handle crisis phone calls and other forms of communication with your SFRG members.
Monthly	SFRG Fund Custodian Training		Learn about the responsibilities of the fund custodian and the Army regulations for managing SFRG informal funds and fundraising. Suggested training for Commanders, SFRG informal fund custodians, and Command Family Readiness Representatives (CFRRs).
Monthly	SFRG Management Course		Provides training on how to set-up, maintain, and handle the challenges within the SFRG arena in accordance with Army Regulations and policies. Comprehensive training for key volunteers, CFRRs and Commanders.
Portable Class By Request	SFRG Command Team Training	By request or desk-side brief	This course covers applicable regulations and requirements of the SFRG. This course also delineates the roles and responsibilities of the command team regarding how to leverage the SFRG to execute the Soldier and Family Readiness mission.
Quarterly	SFRG Resource Overview	Varies	Review of available ACS, Installation, community, and national resources for Soldiers and their Families. This is an ideal course for anyone who takes an active role in helping Soldiers and Families.

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Updated: May 2022