



ARMY FAMILY TEAM BUILDING

Army Family Team Building (AFTB) is a volunteer-led organization that provides training to spouses and family members.

Strong families are the pillar of support behind strong Soldiers. The mission of AFTB is to educate and train all the Army in knowledge, skills and behaviors designed to prepare Army families to move into the future.

The classes enhance life skills that increase self-confidence, independence, control within stressful situations and skills in meeting the challenges of life within the military community.

To take the classes in the comfort of your home visit the following site: www.myarmylifetoo.com. Under Army Basics you will find AFTB training.

Classes can be provided at Army Community Service or at your job site if you would prefer your training by an instructor.

Please take the time to complete a quick survey. The survey can be sent to our office by utilizing the following link: MONM-USAGACS@conus.army.mil