

**AFTB LEVEL II COURSE
MARCH 10-12, 8:30-2:30 AT THE FAMILY READINESS CENTER**

Learn, Grow, Lead with AFTB!

Army Family Team Building: “Grow” Personal Skills

This FREE three-day course includes:

Effective Communication • Time Management • Stress Management •

Enhancing Personal Relationships • Team Dynamics • Conflict Management •

And much MORE!

AFTB classes are open to the community!

Ideal training for community volunteers and FRG's.

Registration required by March 5th.



Army Family Team Building: Ready Families, Ready Soldiers...

**FOR MORE INFORMATION
CONTACT:**

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Online courses available at:
www.myarmyonesource.com.
Follow the link to AFTB under
“Family Programs”.



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