Army Reserve Family Programs

Connecting: Soldiers • Families • Communities

We offer relevant and responsive programs, services, and resources focused on developing the Soldier and Family member life skills necessary for the unique challenges of the Army Reserve Family.

READINESS AND TRAINING

Family Programs offers relevant and responsive training and educational opportunities designed to assist in learning more about military life, to develop coping skills necessary in addressing the unique challenges of the Army Reserve lifestyle, and empower Soldiers and Families with information to access the right resource at the right time.

Available Training Includes

► **Classes and resources** to enhance Soldier and Family member life skills for successfully navigating the unique challenges of the military lifestyle.

► **Forums** for command teams to understand the importance of a healthy and holistic unit Family Readiness Program and the resources available to support the command's program.

► **Classes and resources** for volunteer orientation, opportunities, rewards, expectations and requirements of volunteering with the Army Reserve.

► **Tele-Mobilization and Tele-Reunion Briefings** for Army Reserve Soldiers and Families on topics related to deployment preparations and reunion and reintegration.

► **Resilience training** in a variety of venues for Soldiers and Family members to develop mental, physical and emotional abilities to face and cope with adversity, adapt to change and recover and grow from setbacks.

► **Operations Security** (OPSEC), Personally Identifiable Information (PII) training provides an enhanced understanding of how to handle and identify PII.

► **Volunteer training** for instructors, briefers and facilitators to increases their proficiency in instructional skills.

► **Regional Soldier and Family Readiness Training (RSFRT)** provides participants with information relevant to Command Teams, Command Family Readiness Representatives and Soldier and Family Readiness Group Volunteers regarding the administration of a unit Soldier and Family Readiness Program.

► **Battalion/Brigade Pre-Command Course (BBPCC) Senior Spouse Course.** This training provides Senior Spouses with the necessary information to decide the capacity in which they will serve during their spouse's tenure. This training teaches the difference between a Senior Spouse and a Senior Volunteer. This course is only available to the spouse of current attendees of the BBPCC.

► **Battalion/Brigade Pre-Command Course (BBPCC) Training** provides newly selected Battalion/Brigade Commanders and Command Sergeants Major the foundational knowledge in the preparation and maintenance of a Soldier and Family Readiness Program for their organization.

► **Company Command and First Sergeant Course (CCFSC)** provides newly selected Company Commanders and First Sergeants the foundational knowledge to initiate and maintain a viable Soldier and Family Readiness Program with an emphasis on Soldier and Family Readiness Group within their command.

Army Family Team Building (AFTB)

AFTB is a readiness-training program designed to acquaint and educate Army Families about military life. AFTB provides on-line training modules to assist Army Reserve Soldiers and competencies to enhance personal and unit readiness and resiliency.