



AFMC Connect

Family Connection



TAKE IT TO THE TABLE

Teamwork is a group of individuals working together toward a common goal. Family is the ultimate team with every member bringing their unique traits to the group. Working as a team builds skill sets for problem-solving, conflict management, responsibility, listening, and goal setting. It can also create a strong sense of unity and belonging when all family members work together and share their goals. Teamwork allows you to depend on one another to help carry the load and support one another through challenges, building a strong environment for a family to thrive.

LET'S DO IT

Play games that require teamwork. Try an escape room, obstacle course, or other game that require working together to accomplish a goal. Plus, it is an opportunity to have fun in the process!

Find volunteer opportunities the whole family can experience. Giving back to others as a family teaches the value of serving and exposure to worlds you may not know existed. It also encourages problem-solving.

Plan a trip or staycation. Divide up responsibilities so everyone is involved with where to stop, where to eat, sights to see, etc. Be sure to have someone in charge of fun to plan a few surprise elements!

KEEP IT SIMPLE

Hold regular family meetings to get everyone on the same page. This is a great opportunity for open communication and building trust through accountability and routine. Making decisions together can add to everyone's own investment in your family team.

RESOURCES

Explore spouse and family resources at:
<https://www.resilience.af.mil/Spouse-Family-Resources/>

We would love to hear your thoughts on AFMC Family Connect. Please take our survey at:
<https://www.surveymonkey.com/r/connectfamily>



Family is not defined simply by blood. "Family" is those in your life who accept you for who you are. The ones who would do anything to see you smile and love you unconditionally. Family stands by you and will always support you no matter what.

The objective of AFMC Connect is to reinforce the importance of creating and maintaining connections. Maintaining relationships with family is essential to our overall wellbeing.