

# Definition of an FRG

FRG is defined in the Army Commander's Guide on Family Readiness Groups as a "command sponsored organization of family members, volunteers, Soldiers, and civilian employees belonging to a unit, that together provide an avenue of mutual support and assistance, and a network of communications among the family members, the chain of command, chain of concern, and community resources." The FRG is to be established by unit commanders at all levels.

