

# Purpose of a FRG

## (FRG Role in Readiness)

The FRG plays a vital role in assisting unit commanders with military and personal deployment preparedness and enhancing family readiness of Soldiers and Families. The FRG assists unit commanders in three different ways:

- 1) The FRG enhances the flow of information between command and Families providing feedback to the command on the state of the unit family. The FRG also disseminates information from command to Families
- 2) The FRG provides Family members with the tools and support necessary to educate, enable, and empower them to be resilient
- 3) The FRG provides activities and support to enhance the well being and esprit de corps within the unit.

