
Family Readiness Group



What is an FRG?

Definition

Department of the Army

An organization of family members, volunteers, soldiers, and civilian employees belonging to a unit/organization who together provide an avenue of mutual support and assistance, and a network of communications among the family members, the chain of command, and community resources.

Why join the FRG?

Changing units, moving and deployment are all part of being an Army family . Participation in your FRG makes it easier to become involved.

The rewards including new friends, access to advice from more experienced military spouses and reliable, current information can be tremendous.



What's In It for Families?

- A sense of belonging to the unit and the Army community
 - A way to develop friendships
 - A source of important information
 - Knowledge of Army resources
 - Fosters positive attitudes among Army families
 - Provides a better understanding of military life
 - Creates self-sufficient families
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What's In It for Soldiers?

- Families have an official link with the unit and will receive reliable and friendly support in the Soldier's absence
 - Support channel for family enables Soldier to concentrate on the mission at hand
 - Single Soldiers have the opportunity to link family with the FRG
 - This can be a meaningful stabilizer for Soldier performance in the unit, and an enhancer of training and psychological readiness to fight
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What do FRGs do?

- Empower families to become knowledgeable and self-reliant
 - Increase the soldier's ability to devote his full attention on the mission by offering reassurance that the family members have close, reliable, and friendly support
 - Establish a sense of family within the unit
 - Provide an effective way of gaining information, support, and control during deployment and other times
 - Help family members develop a positive attitude toward themselves, the unit, the deployment and the Army
 - Increase moral
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What FRGs don't do

- Spread gossip
 - Act as a taxi or childcare service on a regular basis
(Remember emergencies happen in FRG families)
 - Provide financial assistance
 - Therapy or counseling
 - Act as a surrogate parent or social worker
 - Act without guidance from command
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Family Readiness Support Assistant (FRSA)

Your Family Readiness Support
Assistants are there to lighten your
volunteer load



How your FRSA can help

- Provide the time, energy and leg work for you to be successful FRG leaders
 - Assist with tools and templates for newsletters, phone trees, rosters, handbooks and welcome packets
 - Coordinate resource tours, classes, activities, guest speakers and locations for your events
 - Guide you through fundraising regulations and childcare options for your FRGs
 - Offer volunteer appreciation and meeting ideas
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