Family Readiness Groups
What is an FRG?

• Commander’s Program
• The Unit’s “Family”
• Guard “Family” volunteers (spouses, children, retirees, Moms/Dads, girlfriends/boyfriends, employers, etc.)
What is the Role of an FRG?

• Information to Families
• Keeping families “Ready” (AT, school, hurricane duty, ice/snow storm/deployment)
• Share “Guard” experience with families
• Welcome New Members/Families
• Social Events
FRGs Are Not

• The ladies’ coffee group
• Just for deployment
• Only for people with problems
• A long-term baby sitting service
• Part of casualty notification
• Fundraising entity for unit
How do you to start an FRG?

• Talk to the Commander about volunteering
• Commander contacts FRG Advisor to appoint (see FAC Flyer)
• FRG Advisor contacts FRG Leader re: training
• Develop “FRG Corner” in Drill Letter
• Plan Welcome Day/Coffee w/Commander, etc. to meet Families and recruit other Volunteers
• Call Local FAC to develop relationship
How does the FRG benefit Soldiers?

- Peace of mind
- Ability to focus
- Improve job performance
- Safety
- Increase Family Knowledge
How does the FRG benefit for Commanders

- Lighten workload
- (contact info, etc.)
- Improve readiness (soldiers, i.e. families)
- Promote family self-reliance
- Enhance camaraderie (families and Soldiers)
- Retention
Essential Ingredients of Successful FRGs

• Caring leaders
• Well-trained
• Well-organized
• Great communications
• Fun FRG events (adults and children)
What are some activities an FRG can do?

• Paragraph in Drill Letter (announcements, Welcome New Members, etc.)
• Educational Opportunities
• “Coffee with the Commander”
• Crafts for Holidays
• “Lock-In” for Children and other Kids events (KOG)
• Telephone Tree for events/info
• Update Info on UMR for Commander
Functions of FRG

• Regular Drilling Status
  - Info/Education for families Unit activities
  - Education to keep families “Ready”
  - Fun Events/activities for families & children
  - Become “Unit’s Family”
  - Help develop Mentoring Program for families
  - Welcome New Unit Members & Families
Functions of FRG cont’d

• Deployment
  - Contact local Family Assistance Center (FAC)
  - Help organize Family Pre-Deployment & Deployment Briefings
  - Telephone Tree
  - Provide activities/Information for all families
  - Help with Farewell Ceremony
  - Plan FRG Activities
  - Rumor Control
Functions of FRG cont’d

• Reunion & Post-Deployment
  - Work with Family Assistance Center (FAC) to schedule Reunion Briefings
  - Ensure families are aware of return info (date, time, etc.)

• Post-Deployment
  - Work with Unit on Welcome Home Ceremony
  - Return to Regular Drilling Status FRG
Maintaining the FRG

• Work with Commander or MPOC
• Talk w/Families “Events/Activities they would like to do/have
• Be Creative and have FUN!
• Work with your local FAC on events/info/education
• Recognize those who help you!
Things to Remember

- There is no rank!
- There are no dues.
- Leadership is not based upon sponsor’s position.
- Participation is voluntary.
- Have Fun!
- Be Creative