

Section A-2 Family Readiness Groups (FRG)

The contents of this Toolkit have been developed to assist you in your efforts to support family readiness. Every effort has been made to ensure that the information provided is current and accurate. However, because statutory and regulatory changes may have occurred since the publication of this Toolkit, the Office of the Assistant Secretary of Defense for Reserve Affairs cannot assume responsibility for its continued accuracy. Before taking any significant action based on the contents of this Toolkit, you should contact a subject matter expert in your chain of command to secure the most current information.

Family Readiness Groups (FRG)

In most units, FRGs are in the forefront of the family readiness effort. This is **your** program – it's a command program. Seize the initiative and commitment by establishing and empowering your unit FRG.

The following section is devoted to the importance and structure of family readiness groups. It covers key components of the FRG; outreach and newsletters, and volunteer management. Volunteers are the strength and power behind the FRG. They serve as the conduit between the command and family members. This section focuses on recruiting and retaining volunteers, writing job descriptions, the importance of volunteer training, and the value of recognition. Volunteers are an invaluable resource to the unit. The camaraderie and cohesion from a well-organized FRG with unit members and volunteers working together cannot be overstated.

The purpose of the FRG is straightforward – to support the unit goals and objectives by providing information, support, and outreach to family members. FRG stated goals include:

- Develop relationships that enable effective communication.
- Foster a sense of belonging to the team in all family members.
- Create forums for family members to develop friendships and support each other.
- Establish communication networks.
- Provide and participate in formal FRG professional development training opportunities.
- Enable service members to feel confident that their family can take care of themselves – be self-sufficient during times of separation.

Core services that FRGs can provide are information, referral and follow-up; policy planning and coordination; leadership consultation; and crisis assistance. Helping family members identify and clarify needs, determine appropriate forms of assistance, and link others to resources are the cornerstones of the FRG.

Families respond positively when the commander has placed special emphasis on family readiness. Demonstrate this emphasis by establishing and supporting a unit FRG. Everyone wins.