

Family Readiness Group (FRG)

A Family Readiness Group (FRG) is a key component of mission readiness. As a command-sponsored organization, the FRG is an important entity to network, communicate and support our Soldiers and Families.

There are many ways that an FRG can connect Families and grow a network of support:

- Family Picnics
- Christmas Parties
- General Meetings
- Newsletters
- Phone Trees
- Email Connections

“Ready Families...Anytime, Anywhere!” is the key focus of the FRG. A successful FRG boosts the morale of its Soldiers and their Families by allowing Families to connect with one another in mutual support. This support allows Soldiers to feel secure in the readiness of their Family.

Family in terms of Family readiness is not *“just”* the Family within your household. We know that your closest support could be your parents, aunts, uncles, siblings, friends and many more. This Family is an integral part of the FRG. The more Families active in the FRG the larger this support system grows.

How an FRG operates

The FRG is run solely by volunteers; in conjunction with the Commander, Military Liaison and the Brigade Family Readiness Support Assistant. Volunteering for the FRG allows you to give back to the Families and community partners that have supported you in the past.

An FRG volunteer is someone passionate about supporting others through the trials, tribulations, successes and triumphs of military life. The goal of an FRG volunteer is to create a community of camaraderie within the military *“Family”*. To some, this will be the only support system they have; if and when a deployment happens. Welcoming new family members and helping them integrate into military life

Volunteering for the FRG

Volunteering can be done in formal and informal ways.

Formal positions within the FRG include:

- Family Readiness Group Leader (FRGL)
- Assistant FRG Leader (AFRGL)
- FRG Treasurer
- FRG Secretary
- Key Callers

Informal positions within the FRG may include (but are not limited to):

- Welcome/Hospitality Committee
- Newsletter Editor
- Child Activity Coordinator
- Refreshment Organizer
- Photographer
- And many, many more!

No matter the amount of time you have, large or small, there is always a position within the FRG for you!


Troop and Family Assistance Center (TFAC)

The Troop and Family Assistance Center is the one stop shop of information through six essential services. Troop and Family Assistance Centers are critical in providing help to all military Families regardless of service affiliation during long term or short term deployments and peace time. This holds especially true for geographically dispersed Families who are unable to access services. The Troop and Family Assistance Center is truly your conduit to resources and one stop shop.

When in doubt of who to call for referral or support contact your local TFAC.

The TFAC Big Six:

- Outreach
- FRG Meetings
- Conduit to Resources
- Regional Subject Matter Expert
- Champions Programs
- Community Information and Outreach

TROOP AND FAMILY ASSISTANCE CENTERS	<p>To reach the Troop and Family Assistance Center Specialist in your region call: 1-800-589-9914</p> <p>Region 1: North Canton (Prompt 1) Region 2: Chillicothe/McConnelsville (Prompt 2) Region 3: Cincinnati/Woodlawn (Prompt 3) Region 4: Dayton/Kettering (Prompt 4) Region 5: Toledo/Bowling Green /Mansfield(Prompt 5) Region 6: Columbus (Prompt 6)</p> <p>24 Hour Joint Operations Center 888-637-9053</p>		<p><i>Our Regional Troop & Family Assistance Specialists and Airmen & Family Readiness Program Managers are highly trained professionals who provide information, resources, referrals and assistance to all Service Members and Families before, during and after deployments, or whenever there is a need.</i></p> 
	<p>Airmen & Family Readiness Program Locations: Mansfield—179th AW -(800) 642-8365 x7 Toledo—180th FW— (800) 495-4250 x8684550 Springfield—178th FW— (800) 851-4503 x2583 Columbus—121st ARW -(800)377-5570 x5</p>		
RESOURCES	<p>OHIOCARES (Behavioral Health Assistance) 800-761-0868</p>	<p>National Suicide Prevention Hotline 800-273-TALK (8255)</p>	<p>Survivor Outreach Services 614-336-7375 or 614-336-4284</p>
	<p>Military OneSource 800-342-9647</p>	<p>Education Guidance Counselor 614-336-7255</p>	<p>Civilian Employment Support 614-336-4554</p>
	<p>Drug & Alcohol Intervention 614-336-7319</p>	<p>State & Federal Veteran Benefits 614-336-7349 or 614-336-4192</p>	<p>Employer Support of the Guard & Reserve 614-336-7444</p>
	<p>American Red Cross 614-251-1798</p>	<p>Youth Programs 877-460-2177 or 614-336-7274</p>	<p>ONG Sexual Assault Response Coordinator 877-751-5628</p>



Family Readiness

"Ready Families...Anytime, Anywhere!" is the key focus of Ohio's Family Readiness and Warrior Support Programs. FRGs are the heart of

readiness, they encourage open and honest channels of communication between the command and family members. All while promoting confidence, cohesion, commitment and a sense of well being among a units Service Members. A successful FRG boosts the morale of its' Service Members and their Families, allowing the Service Member to focus on military training, mobilization or deployment. In essence, the FRG serves as a force multiplier and enhances unit readiness. The FRG promotes resilient and flexible families.

Contact Information for Family Readiness Support Assistants (FRSAs):
Contact for more information on FRGs and Family Programs

Senior FRSA (614) 336-7918	371st SUS BDE FRSA (614) 336-4986
16th EN BDE (614) 336-6352	Special Troops Command (STC) FRSA (614) 336-7160
37th IBCT FRSA (614) 336-7314	37th IBCT FRSA (614) 336-6855
174th ADA FRSA 614) 336-4982	73rd Troop Command FRSA (614) 336-4981

For Event Details and Updates:



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- Ohio National Guard Strong Families*
- The Ohio National Guard*

- Troop and Family Assistance Center Specialists (TFAC)
1-800-589-9914
- Family Readiness Support Assistants (FRSA)
(614) 336-7918
- Youth Program Staff
(614) 336-7274
- Military One Source Consultant
1-800-342-9647
- Transition Assistance Advisor
(614) 336-4192
- Survivor Outreach Services
(614) 336-7375 or (614) 336-4284
- Military Funeral Operations
(614) 336-7259
- Casualty Operations
(614) 336-1414 or (614) 336-4390
- Yellow Ribbon
(614) 336-7471
- Ohio National Guard Employment Enhancement Program (NGEEP)
614-336-4554
- ONG Scholarship Program*
1-888-400-6484
- Sexual Assault Prevention & Response (SAPR)
877-751-5628

Ohio National Guard Family Programs



The mission of the Ohio National Guard Family Readiness and Warrior Support Program is to promote Family Readiness, quality of life and empowerment of military Families through education, communication, resources, and community involvement. The vision for the unit Family Readiness Group is to produce Family Readiness Groups that are engaged in their unit's yearly activities, resulting in strong "Ready Military Families".