

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 is an important focus of the FRG.

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 volunteers for you!



Family Readiness & Warrior Support Resources

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

To reach the Troop and Family Assistance Center Specialist in your region call:

1-800-589-9914

Region 1: Canton/Akron (Prompt 1)
 Region 2: Chillicothe/Portsmouth (Prompt 2)
 Region 3: Cincinnati/Hamilton (Prompt 3)
 Region 4: Dayton/Kettering (Prompt 4)
 Region 5: Toledo/Bowling Green (Prompt 5)
 Region 6: Columbus (Prompt 6)

24 Hour Joint Operations Center 888-637-9053

Airmen & Family Readiness Program Locations:

Mansfield—179th AW 800-642-8365 x5206600	Toledo—180th FW 800-495-4250 x8684550
Springfield—178th FW 800-851-4503 x2583	Columbus—121st ARW 800-377-5570 x5

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.

RESOURCES

OHIOCARES 800-761-0868	Director Psychological Health 614-336-7246 or 614-336-1413	Ohio National Guard Employer Outreach Program 614-336-7077
Military OneSource 614-336-7319 or 800-342-9647	State & Federal Veteran Benefits 614-336-7349 or 614-336-4192	Hero 2 Hire 614-336-7444
Drug & Alcohol Intervention 614-336-6444	Youth Programs 877-460-2177 or 614-336-7456	Employer Support of the Guard & Reserve 614-336-7444
American Red Cross 614-251-1798		Sexual Assault Response Coordinator 877-751-5628

Family Readiness

“Ready Families...Anytime, Anywhere!” is the key focus of Ohio’s Family Readiness and Warrior Support Programs. The formula for a steady state FRG encompasses education on military life and continuous training that develops a capacity for mental toughness. The FRG can also provide an avenue of mutual support and assistance. FRGs encourage open and honest channels of communication between the command and family members, 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 Family Readiness and Warrior Support office is constantly working to develop ongoing training to educate commanders, military liaisons, and FRG leadership teams along with support programs that promote self-reliance and enhance individual and family well-being and readiness. The Family Readiness Office trains and tracks volunteer and military leadership that manages these Groups. Remember the goal is ...

“Ready Families...Anytime, Anywhere.”

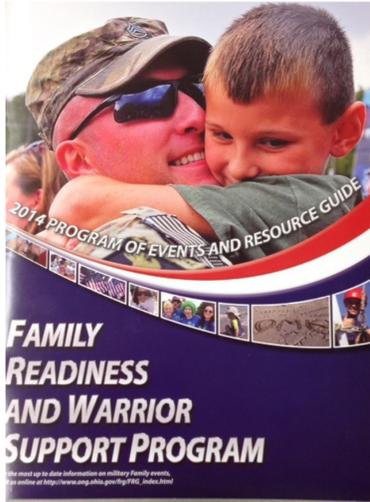


Be sure to Check out our website

http://www.ong.ohio.gov/frg/FRG_index.html

for the latest news and updates

Programs & Events for ANY Ohio Service Member and Family



- Family Camaraderie Events
- Marriage Enrichment Retreats
- Singles Retreats
- Youth Camps
- Family Camps
- FRG Trainings
- Employer Readiness Events

Family Readiness and Warrior Support Team

- * Troop and Family Assistance Center Specialists (TFAC)
- * Family Readiness Support Assistants (FRSA)
- * Youth Program Staff
- * Military One Source Consultant
- * Transition Assistant Advisory
- * Survivor Outreach Services
- Military Funeral Operations and Casualty Operations
- * Yellow Ribbon
- * Education and Incentives

Ohio National Guard

Family Programs

Annual Brief



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”.

COL Julie Blike, Director,

Family Readiness and Warrior Support

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Andrew Seward, Lead Child & Youth Program Coordinator

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