

## **Section D-3 Family Readiness Group (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 Group**

Family readiness programs and family readiness groups (FRG) are closely related and share many common roles and responsibilities. Many individual Guard and Reserve units do not have paid family readiness program staff. Instead, the family readiness program staff usually works at the regional or major command level for senior commanders. Consequently, the family readiness program staff serve as consultants, advisors, and facilitators to units within the larger command. Unit FRGs rely on the larger family readiness program structure for guidance and resources. Together they work hand-in-hand to support Guard and Reserve members and their families.

FRGs are an integral component in family readiness. Family readiness programs consist primarily of paid staff whereas FRGs rely on many volunteers and unit members to perform their responsibilities and mission. FRG leaders work closely with the command and family members, and they play a pivotal role in the success of their groups. The Toolkit covers FRGs in depth in the Commander TAB (A-2), and the Family Member TAB (C-1-4). Fundamentally, FRGs are established to:

- Help bond Guard or Reserve families together and promote a sense of comradeship.
- Relay vital information from the family readiness program in order to lessen the feeling of isolation and to support the well-being of Guard or Reserve families.
- Provide Guard or Reserve families a better understanding of the unit, service, and mission.
- Keep families informed about the activities and events sponsored by the family readiness program and command.
- Provide an avenue for families to share the common rewards and challenges of military life.

The primary purpose of any FRG is to encourage self-reliance among its members by providing accurate and timely information, referral assistance, and mutual support. The FRG works towards achieving family readiness by providing a comfortable atmosphere and an agenda of training classes and activities that build cohesiveness among unit members. The goals and purpose of a unit FRG will be individualized to meet the mission, size of the unit, and the geographical dispersion of the service members and their families.