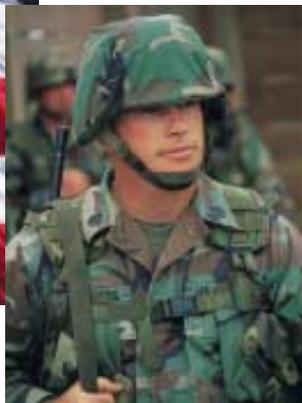


Family Readiness Groups

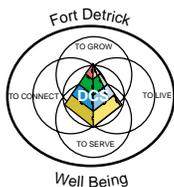


The Family Readiness Group (FRG) is an organization that provides mutual support for a unit's family members. The FRG forms the third component of the Army's family support system during deployment. It operates during periods of normal operations as well, in close coordination with the Army Community Service Outreach Program. The FRG also serves as an important source of inspiration, training, and support to empower Army families to increase and enhance their self-reliance.

FRG Points of Contact

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USAG	SGT Sheila Sampson	301-619-3337
USAG	SGT Marie Summerville	301-619-3448
1111th Signal BN	SFC Ronald Meade	717-878-3868
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6 MLMC	Ms. Mildred Busch	301-393-8592
USAMRIID	Ms. Ann Lee	301-416-7747
USAMMA	Ms. Maggie Sayre	301-619-4402
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For information about establishing an FRG or to schedule FRG training, contact Eva Garrett, 301-619-3787, DSN 343-3787, or eva.garrett@amedd.army.mil



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