

VIRTUAL FAMILY READINESS GROUP (vFRG) — AN EASY WAY TO STAY INFORMED

Keeping up with current unit and Family Readiness Group information is easy, thanks to the Virtual Family Readiness Group (vFRG).

The vFRG provides the functionality of a FRG in an online setting. Like an FRG, the vFRG offers families:

- News from the unit in a timely manner
- Access to information at a time convenient for you
- Up to date information on military and community resources
- Quick access to unit and FRG leadership
- Photos of deployed Soldiers
- Frequently asked questions and answers

The unit's vFRG can only be viewed by members who are authorized by their Soldier and approved by the unit. To access the vFRG, go to www.armyfrg.org and click on "Register." You will need your Soldier's full name, rank, unit name, and last four digits of his/her Social Security Number to register. Once registered, the unit will verify Soldier authorization and make the approval

<http://www.armyfrg.org>

UNIT POINTS OF CONTACT

ACS Outreach Program
Mobilization and Deployment Readiness
Community Support Center
1520 Freedman Drive
Fort Detrick, Maryland 21702
301-619-3787
DSN 343-3787
Fax: 301-619-6288
E-mail: USAGO outreach@amedd.army.mil

Other Resources

www.myarmylifetoo.com

(Army's official family web site)

www.militaryonesource.com

(for information and confidential counseling)

www.guardfamily.org

(National Guard's official family web site)

www.arfp.org

(Army Reserve's official family web site)



YOUR UNIT FAMILY READINESS NETWORK



**WHEN SOLDIERS STEP UP...
WE STEP IN!**

YOUR UNIT

This unit is committed to supporting our family members (both immediate and extended). We recognize that families face challenges and are making sacrifices along with our Soldiers.

The unit “family readiness” network serves as a team to support you.

Our mission is to provide predictability and stability in family life.

UNIT COMMANDER AND REAR DETACHMENT COMMANDER (RDC)

The unit commander is responsible for coordinating family support and addressing family needs. When a unit prepares to deploy, the unit commander will assign a Soldier to serve as the Rear Detachment Commander (RDC).

The RDC serves as the communication link during deployment.



FAMILY READINESS

KEY ACTIONS OF THE UNIT

COMMANDER

(OR RDC DURING DEPLOYMENT)

- Maintains contact with families directly and through the FRG
- Coordinates FRG activities, unit briefings, events and agency programs
- Handles all official actions
- Serves as the official source of information on Soldier welfare, military operations and casualties

The unit commander (and RDC) works closely with the FRG leader and a network of military and civilian agencies so that information, programs and resources are provided to address family issues.

FAMILY READINESS GROUP (FRG)

The FRG is a command sponsored organization open to all Soldiers, civilians and family members (immediate and extended) belonging to the unit. The FRG’s primary mission is to serve as a conduit for information, mutual support and concern.

FRG’s primary activities are to:

- Pass on important FRG, unit and military information - quickly
- Provide referrals to resources as needed
- Host social activities and educational briefings

NETWORK



GARRISON SUPPORT

The garrison also plays a major role in family readiness and support since their primary mission is to support our Active Duty and deployed Reserve Component units and their families.

Here are just a few of the many services the garrison provides:

- Army Community Service
 - Money management
 - Spouse employment assistance
 - Relocation assistance
 - Mobilization and deployment training
 - Information and referral services
 - AFAP/AFTB
 - New parent assistance
 - Volunteer opportunities
- Child and Youth Services
- Sports and recreation services
- Chaplain services
 - Counseling services
 - Religious services