

How to Become an FRG Volunteer



GET INVOLVED WITH YOUR UNIT FRG

Treasurer

Phone Tree Key Caller

Special Events Coordinator

General Support Volunteer

Family Readiness Groups (FRG) are **seeking family members** to join in and become an active FRG Volunteer for their Soldier's unit. Family members include: spouse, mom, dad, sister, brother, girlfriend, boyfriend and extended family.

Did you know that **Family Readiness Groups (FRGs)** have been around since the Revolutionary War days? Families have ALWAYS been an important facet of military life -- and yes, FRGs as we know them to be today have changed a lot since General George Washington was around. The FRG is a key resource with knowledge of programs and services. It is critical that every Soldier and Family Member are well-informed and well-prepared. FRG volunteers are an integral part of the FRG success! **FRGs matter and we need you!**

What is an FRG? Family Readiness Groups (FRGs) are a command-sponsored organization established to provide information, activities and support that enhance the resiliency of unit Soldiers, Civilians, and their Family members. FRGs provide resources and practical tools that facilitate self-reliance during military deployments, separations and transitions. Support from the FRGs may directly impact the well-being and esprit de corps within the unit.

Every volunteer has their own unique reason or motivation to offer their time, talents or resources to an organization.

**We hope you will choose your Soldier's Unit FRG
to volunteer your time!**

To Volunteer or hear more, contact our J9-FP Staff:

J9-Family Program, SRFRSA
Ms. Sauna Brown, CTR
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