

# Family Readiness Group (FRG) Training 2010

## FRG Essentials

This class will serve as an introduction into the Family Readiness Group (FRG). Students will review the FRG mission and determine how leaders can advocate mission readiness. FRG Key Leader In-Processing also available.

7 January	0900-1200	1 July	0900-1200
9 January	0800-1100	10 July	0800-1100
4 February	1800-2100	5 August	1800-2100
4 March	0900-1200	2 September	0900-1200
1 April	1800-2100	14 October	1800-2100
17 April	0800-1100	23 October	0800-1100
13 May	0900-1200	4 November	0900-1200
3 June	1800-2100	2 December	1800-2100

## FRG Key Caller Training

Designed to prepare volunteers for key caller duties, communicating with Families, and assisting the Command.

9 January	1100-1230	10 July	1100-1230
12 January	0900-1100	13 July	0900-1100
9 February	1800-2000	10 August	1800-2000
23 March	0900-1100	14 September	0900-1100
13 April	1800-2000	12 October	1800-2000
17 April	1100-1230	23 October	1100-1230
11 May	0900-1100	9 November	0900-1100
8 June	1800-2000	14 December	1800-2000

## FRG Treasurer Training

Critical training for any FRG member who manages the FRG's funds. Learn how to set-up and manage the FRG Informal Fund account in accordance with AR 608-1, Appendix J.

9 January	1230-1430	10 July	1230-1430
12 January	1800-2000	13 July	1800-2000
9 February	0900-1100	10 August	0900-1100
23 March	1800-2000	14 September	1800-2000
13 April	0900-1100	12 October	0900-1100
17 April	1230-1430	23 October	1230-1430
11 May	1800-2000	9 November	1800-2000
8 June	0900-1100	7 December	0900-1100

## Rear Detachment and Commanders' FRG Training

This training, for RDC & Commanders, is based on the requirements of AR 608-1, Appendix J. Learn how to create and maintain an effective Family Readiness Group (FRG) in compliance with Army standards.

Time: 1300-1500

19 January	20 July
16 February	17 August
16 March	21 September
20 April	26 October
18 May	16 November
15 June	7 December



Training is held in the  
**FRG Center**

(ground of the Soldier Support Center  
near the Iron Mike DFAC)

**Registration is required**

Call 432-3742 for details or go to  
<http://www.fortbraggmwr.com/classreg.php>  
to register

*FREE limited childcare available with advanced registration  
Children must be registered with CYSS prior to class date*

# Fort Bragg Family Readiness Groups (FRG)



## What is a FRG?

A Family Readiness Group, or FRG, is an organization of Family members, volunteers, and Soldiers belonging to a unit.

Together they provide an avenue of mutual support and a network of communication among the Family members, the Chain of Command, and community resources.

Unit FRGs foster a sense of belonging to the unit and provide an avenue for Families to develop friendships while they gain pertinent information about the community and the unit.

**Mission Ready Families = Mission Ready Soldiers**

*A Family Readiness Group  
is mission essential!*

*Empower Families to become more self-reliant*

*Reduce Soldier and Family member stress*

*Help Family members develop a positive  
attitude toward the unit, the mission, and  
the Army*

*Provide outreach and support, especially  
during times of deployment*

## FRGs are not...

Part of casualty notification

A babysitting service

A surrogate parent

A social worker

A taxi service

A loan agency

A welfare agency

A gossip group

## FRG Positions

Every FRG is Different! These are just a few positions you would find in a FRG.

FRG Leader	FRG Co-Leader	Welcome Committee Chair	Treasurer
Key Caller Chair	Key Caller	Newsletter Editor	Fundraising Chair