

Welcome!

Welcome to your new National Guard unit! This must be an exciting, but somewhat stressful time for your family.

However, your local unit, the State Family Program Office and your local Family Readiness Group (FRG) are available to assist you with any concerns and questions

Unit Leadership

The unit Senior Command is comprised of the Commander (CMDR) and Executive Officer as well as the First Sergeant (1SG).

Each Unit also has a full time staff. The Command structure and full-time unit staff are available to assist you with concerns and questions about the expectations of you and your Guard member (SM).

To better understand your Guard member's role and responsibilities to the unit and the National Guard, it is important to know and understand the Unit's Mission.

State Family Program Office

It is the Mission Family Program Office to assist you and your Guard member during your Guard member's military career. Family Programs can offer support and assistance with understanding Military benefits and entitlements. The State Family Program office works with your local Family Readiness Group (FRG) to ensure that you are made aware of local resources and are provided with trainings to help plan for the unexpected.

Family Readiness

The unit Family Readiness Group (FRG) is made up of all Guard members and their families. The FRG leadership is made up of local unit volunteers who want to take a more active role in the National Guard. These volunteers work with the unit and the State Family Program Office to offer families assistance at a local level. They also work with the unit to increase training and morale at all levels

Family Readiness Group

Leadership

***Chairperson*Secretary*Treasurer**

The Family Readiness Group (FRG) leadership works with the Unit Commander to develop a program that will assist the entire unit. The Family Readiness Group provides information, education about the benefits and entitlements of the National Guard as well as sense of belonging and community. The Family Readiness Group also helps put families in contact with useful resources.

Resources

Military One Source

Guard Family Team Building (GFTB)

Guard Family Action Plan (GFAP)

Family Assistance Centers (FAC)

Guard Family Website

Military One Source

Military One Source supplements existing family programs by providing a website and a worldwide, 24 hour, seven-day-a-week information and referral telephone service to ALL active, Guard and Reserve Soldiers, deployed civilians and their families.

Militaryonesource.com

1-800-342-9647

GFTB / GFTB

Guard Family Team Building (GFTB) is designed for everyone: Guard members, Spouses, Parents, Children, Retirees, Civilian Employees, and interested Community Members. It helps the Guard "family" by teaching all aspects of life associated with the military, specifically the National Guard.

Guard Family Action Plan (GFAP) offers a process to hear and help rectify issues affecting well-being in the National Guard

Family Assistance Centers

Family Assistance Centers (FAC) are located nationwide in order to assist you with problems and concerns during deployment. Family Assistance Centers (FAC) are available 24 hours a day to provide additional help in the six essential areas:

- ID cards and Defense Enrollment Eligibility Reporting System (DEERS) enrollment Resource and Referral**
- TRICARE and military medical benefits Resource and referral**
- Emergency financial assistance Resource and Referral**
- Legal Resource and Referral**
- Crisis Intervention and Referral**
- Community Information resource and referral**

Guard Family Online

Guard family Online provides information on Family Programs and activities as well as links to local resources and assistance

www.guardfamily.org

In Conclusion

Contact your local State Family Program Office or local Family Readiness Group (FRG) to find out more about volunteering opportunities or other exciting and useful programs and resources available to you and your Guard member (GM)