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(Provides in-depth training on FRG)											
OPOC/VMIS Training for FRL's											
093	0-11	30									
FRO	G Fo	und	atior	ns 8	، Info	orma	l Fu	nds	& Fi	undr	aising
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1200-1500 *Ask for a unit-specific time/date

FRG Foundations & Key Contact Training 0930-1130 lunch 1230-1430 Holiday or Training Holiday

> FRG Foundations & FRG Leader BASICS 0900-1130 lunch 1230-1530 (Basic info on FRG to get you started)

Command Team FRG Training (Basics for Commanders and Rear Detach) 1330-1600 (2 half days)

*Certificates of completion provided for all trainings.

Family Readiness Training

March									
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1. Please Pre-enroll

2. Enroll for Classes by calling 442-0359/4916

- 3. Classes may be cancelled due to very low enrollment
- 4. Classes are held in Room 203 of B4700 unless otherwise notified
- 5. Request additional classes for your unit as needed (and I can invite others who need the course) 6. Visit www.sill.army.mil (search for FRG) for calendar
- updates and additional information on MobDep/FRG.

7. Other classes available upon request: a. Deployment Cycle Resilience Training for Pre and Post deployment (for Soldiers and their Significant Others)

- b. OPREADY courses on deployment and redeployment
- c. Family Master Resiliency Training Courses (FMRT)
- d. Children & Deployment/Redeployment
- e. Financial Planning for Separation/Reunion
- Customer Service: Conflict Resolution & Problem Solving f.
- g. FRG Leader/Office holder desksides and evening
- trainings available with coordination.

Highlighted areas represents mandatory for either Deployment redeployment or both. Contact MobDep for more info.

**FRG Foundations training is included in multi-day classes and is a prerequisite for all other trainings except CARE Team.. Onc Once taken, it does not need to be repeated.

Requirements: FRG Leader: or + professional development CDR/Rear D: + professional development or professional development FRL: or

