



## FAMILY READINESS PROGRAM

### MCGHEE TYSON ANG BASE, TN

- \* **FAMILY READINESS GROUP:** The McGhee Tyson Family Readiness Group (FRG) is an officially sanctioned volunteer organization of the Tennessee National Guard that strives to provide information and education to families as well as a support network, especially during periods of separation. We depend on volunteers to make our program work. Traditionally, our support came from spouses of the guard member. However, children of families that volunteer together better understand why their mom or dad is gone and what their parents do while volunteering. Program involvement by the whole family, to include parents, is encouraged!
- \* **PRE-DEPLOYMENT BRIEFING:** This is normally a one-on-one informative briefing to help all military members and families (when applicable) prepare for separation due to military requirements. Families will be advised of the many community resources available to them during the separation period. Spouses are highly encouraged to attend. Many useful resource materials will be given to the attendees.
- \* **WELCOME PACKETS:** These highly informative "Welcome Packets" are mailed to new members / families. They include information and instructions on how to access support services, children's materials, and deployment-related resources.
- \* **CONTACT CALLS DURING DEPLOYMENT:** Family Readiness Volunteers make phone calls to waiting families throughout the separation period to see how they are doing and to help when there are special needs or concerns.
- \* **MORALE CALLS:** Families are able to utilize the military telephone system to make morale calls to the military member during deployments, remotes, and TDYs. Morale calls are to DSN numbers only. For the military member whose family will be elsewhere during the deployment, our staff will coordinate with other FRCs to support you with morale calls from that area, if possible.
- \* **AIR FORCE AID SOCIETY:** Provides emergency financial assistance to active duty military families. Available 24 hours a day. Call (781) 377-4222 during duty hours.
- \* **SPOUSE ORIENTATION FLIGHT PROGRAM:** Base military spouses can fly on a KC-135R.
- \* **STRONG BONDS SEMINARS:** Strong Bonds empowers Airmen and their loved ones with relationship-building skills, and connects them to community health and support resources. It is a holistic, preventative program committed to the restoration and preservation of military families, even those near crisis. The program is initiated and led by National Guard Chaplains. More than 90% of those who have attended the program rate it positively.
- \* **ADULT ACTIVITIES:** Training classes are conducted on subjects such as (1) CPR on children & infants (2) Legal issues for the military family (3) Rape Aggression Defense training (4) Care care & maintenance for the family member (4) Reunion & Reintegration, etc. (5) Coping with Deployments, etc
- \* **CHILDREN'S ACTIVITIES:** (Spring) Base Easter Egg Hunt; (Summer) TN NG Youth Development Weeks (Kid's Camp) and various day camps; Summer Picnic; (Fall) Harvest Festival; (Winter) Children's Christmas Party , Angel Tree Event, and Food Collection Drive.
- \* **LOAN LOCKER:** Are you having a family picnic or yard sale and need extra tables and chairs?

Our Family Program Office has a variety of items that you can sign out to use on or off base. We presently have folding tables, chairs and pop-up canopies that you can use at your function or event.

If you would like to donate an item that others could use and it's in good condition, please contact the Family Program Office at (865) 985-3107.

\* **LIBRARY:** Our Family Readiness Center has a variety of books, brochures, pamphlets, tapes and DVDs on subjects such as Child Development, Home & Personal Safety, Nutrition, Money Management, Stress Relief, Home Repair, Divorce, Self Esteem, etc. We also have a large collection of VHS & DVD entertainment and children's movies that you can check out for home viewing.

**For more information about these activities or becoming a part of our FRG, please contact the Family Program Office at (865) 985-3107.**