Family Readiness Services are in place to help educate and train the following:

- Unit Family Readiness Groups
- Command Groups
- Rear Detachment Groups
- Volunteers

The Family Program Office has a full-time Family Readiness Assistant who helps ensure that all units have a current appointment for the FRG.

In addition, there are 7 Family Readiness Support Assistants throughout the state available to support deploying and re-deploying units. These personnel are direct support to the Unit Commanders for managing, resourcing, and supporting the Unit Family Readiness Group. They are assigned as units reach the window for deployment.

MORE INFORMATION

www.guardfamily.org
www.militaryonesource.com
www.inarng.org
www.operationmilitarykids.org
The primary mission of a Family Assistance Center (FAC) is to inform and emotionally support families so service members can perform their mission.

A One-Stop-Shop for Questions and Information

During times of deployment, the FAC is designed to be a focal point for families to get information and assistance with referral to the appropriate service agencies and meet the needs that are associated with the deployment.

Indiana has 14 Family Assistance Centers across the state!

Support:
- Help with Legal Matters
- Financial Assistance
- Information and Referral
- Local and National Emergencies
- Coordination with Rear Detachments
- Problem Solving
- Crisis Resolution

Servicing:
- Families
- Service Members
- Command
- Community

What We Do

Counseling

Jana Knight Craggs, a Military Family Life Consultant and Joyce Hampton, a Coaching Young Families Specialist; are available at NO COST through the Indiana National Guard Family Program Office. Both Licensed Marriage and Family Therapists, they can assist soldiers and family members in a variety of situations:

- Military Family Life
- Stress
- Deployment / Reintegration Stress
- Children / Family Development
- Parenting Skills
- Marital / Relational Issues
- Grief / Loss

Service is confidential and they will come to you!

Military OneSource

Real help, Anytime, Anywhere 24 Hours a Day, 7 Days a week

The Family Program Office has a Military One-Source Representative on-site who can help with the use of Military OneSource.

- Consultation, Research, Referrals
- Interpretation and Translation
- Counseling
- Educational Materials
- Interactive Web Site

Youth Services

The goal of youth services at the Family Program Office is to support and educate the youth of the Indiana National Guard. There are several events held each year for kids to participate in; and organizations for kids such as:

- Youth Camp—Kid’s AT
- Youth Symposium
- Speak Out for Military Kids
- Operation Military Kids (OMK)
- State Youth Council
- Unit Level Family Readiness Groups

The State Youth Coordinator can assist families in finding the right programs and activities to get their children involved with.

National Guard Relief Fund

Started in 2003 by the Adjutant General of Indiana, The Indiana National Guard Relief Fund is a private, non-profit, tax exempt corporation. The mission is accomplished by giving funds to service members and their families for limited financial relief. The following are examples of authorized assistance:

- Non Receipt of Pay
- Medical, Dental & Hospital Expenses
- Fire or Other Disasters
- Unexpected Repairs
- Rent
- Food

Online applications are available at www.inarng.org

1-800-342-9647