



# MEET YOUR FRO

**CARRIE JOHNSON**  
FAMILY READINESS OFFICER

**YOU HAVE QUESTIONS, WE HAVE ANSWERS!**

The Family Readiness Program is the Commander's program. Its purpose is to enhance the ability of the Marines and Sailors to balance their personal life, career and mission.

**AS YOUR FRO, I AM RESPONSIBLE FOR...**

#### OFFICIAL COMMUNICATION AND FAMILY OUTREACH

I disseminate official information from the Command to the families. Each service member, single and married, has the opportunity to designate who will receive updates and information from me. I also plan special family events, so be sure to have your service member place you on the Family Readiness contact list to find out what's going on!

#### INFORMATION AND REFERRAL

I have a wealth of information about activities, programs and facilities available to you. From gyms to child care, restaurants to counseling services, I make sure information about these great resources is available.

#### READINESS AND DEPLOYMENT SUPPORT

I am here to help you adapt to the military lifestyle and assist you with preparation before, during and after deployments. Whether your Marine or Sailor deploys or not, I am here to point you toward skill development and prevention education as you strengthen your family.

#### VOLUNTEER MANAGEMENT PROGRAM

The Family Readiness Program draws its strength from the families it serves and the family members who volunteer to assist with the program. Indeed, it is a team effort! If you would like to participate as a volunteer, please contact me.

As your FRO, I am here to help your family succeed. Feel free to contact me or visit our website for more information regarding the Family Readiness Program.



PROVIDED BY:



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www.i-mef.usmc.mil/div/7mar/2bn/familyreadiness.asp