



MEET YOUR FRO

GISELA LEMON
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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