

HHC/516th Signal Brigade Family **Readiness Group**

Aloha and welcome to Hawaii! We are so happy to have you join our 516th family. If you have any military questions, concerns, or just looking for something to do here on island, please feel free to contact us. The FRG is here to make your experience in Hawaii the *BEST* that it can be. To stay up-to-date on what's going on with your FRG, please follow us on FaceBook (link listed below), as well as email your FRG leader to have your email address added to the roster. We are always looking for volunteers as well as board members. Below you will find board members contact information along with some helpful websites. Again, we are so excited to welcome you, and we looking forward to your time with us.

The FRG plays a vital role in assisting unit commanders with military and personal deployment preparedness and enhancing family readiness of Soldiers and Families. The FRG assists unit commanders in three ways:

- 1) The FRG enhances the flow of information between command and Families providing feedback to the command on the state of the unit family. The FRG also disseminates information from command to Families
- 2) The FRG provides Family members with the tools and support necessary to educate, enable, and empower them to be resilient
- 3) The FRG provides activities and support to enhance the wellbeing and esprit de corps within the unit

Your FRG board members:

Leader: Jessica Tyrney (615) 438-4844, jebtyrney@gmail.com

Secretary: Stephanie Soika (937) 684-0966

Treasurer: Fiona Benjamin (404) 867-6673

Co-Treasurer: Stephanie Soika

Links and Websites:

516th FRG: <https://www.facebook.com/516thSignalBrigadeFRG>

Stay up to date with monthly events and information.

Great Life Hawaii: www.greatlifehawaii.com

Morale, welfare, recreation for Hawaii military personnel.

MWR Hawaii: www.himwr.com

Family and MWR Hawaii's website is a valuable resource guide to Special Events, Entertainment, Dining, Recreation, On-going Programs and Support Services for the military.