

FACT SHEET

SUBJECT: Online Family Readiness Group (FRG) Leader Training

1. PURPOSE. To provide support, assistance, and training to Family Readiness Group Leaders, no matter their geographical location or schedule.

2. FACTS.

a. Leading a Family Readiness Group (FRG) focuses on four main areas: Managing, Leading, Connecting, and Empowering. These four leadership rings overlap, Army Soldiers and Families are the core and primary focus of the FRG.

b. Training can be accessed at <http://www.myarmyonesource.com/default.aspx>

c. Registration is required. To complete registration, select **Register** in the upper right of the My Army One Source home page.

d. After registration is completed, select **Online Training** at the upper right of the screen. The courses page will display on the left. Scroll down to **Getting Involved**

e. Click on **Family Readiness Group (FRG) Leader's Training**.

f. There are four modules with 17 lessons total. Click each lesson to launch.

g. In order for your course to register as being fully completed, you must click on the "return to Training" button on the last page of the course. To print your certificate, return to this page after completing the course. An icon will be available to allow certificate printing.

h. If you need support, please call 1-877-811-2769, or click on the live chat button located at the bottom top right hand corner of the page.

3. Point of contact for this action is Laura Mitchell, Mobilization/Deployment Specialist, 798-3849.