

Family Readiness

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

Family Assistance Centers
Belinda Ireland
Family Assistance Coordinator
Huntington IN
Cell: 317-695-7623
belinda.r.ireland@us.army.mil

Counseling

Jana Knight Craggs
Military Family Life Consultant
1-800-237-2850 ext.4318
Cell: 317-605-9738

Joyce Hampton
Coaching Young Families Specialist
1-800-237-2850 ext.4325
Cell: 317-605-9575

Military OneSource

Diane Smith
Military OneSource Representative
1-800-237-2850 ext. 3192
1-800-342-9647
www.militaryonesource.com

Youth Services

Carly Glorioso
Youth Coordinator
1-800-237-2850 ext. 3493

Indiana National Guard Relief Fund

Kelley Newman
INGRF Coordinator
1-800-237-2850 ext. 4330

Family Readiness

Kimberly Goodin
Family Readiness Assistant-MPSC
1-800-237-2850 ext. 4030

Family Program Office

2002 South Holt Road
Indianapolis, IN 46241

Toll Free: 1-800-237-2850 Ext. 3192

Major Cathy Van Bree
State Family Program Director

www.inarng.org



Indiana Family Program Office

What do you *REALLY*
know about how we
can HELP?

COMMANDERS

Don't be left
in the dark!

Family Programs Can Be
Your Greatest Asset

Family Assistance Centers

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

BRIEFINGS

The Family Assistance Team conducts Deployment and Reunion briefings to help prepare families for the emotional anxieties related to separation and reintegration upon return. Contact the Family Program Office or a Family Assistance Center to schedule a briefing.

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 OneSource Representative on-site who can help with the use of Military OneSource.

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



1-800-342-9647

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**