

Duties of a Family Readiness Officer (Include but are not limited to...)

- Official communication and family outreach
- Ensure command policy regarding information flow to families of single and married Marines.
- Manage, coordinate, and promote all matters pertaining to Family Readiness and serve as the point of contact for family readiness issues.
- Subject matter expert on base, local, national, and web-based resources that are available.
- Provide education and ongoing communication during a deployment cycle, including pre-deployment and return and reunion briefs.
- Volunteer management and support (i.e. graduation ceremonies, volunteer appreciation, and FR meetings)
- Implementation and management of the unit eMarine website.

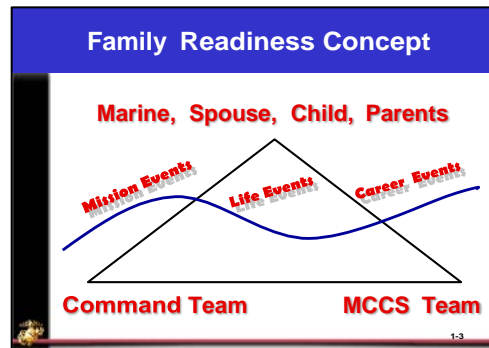
The Squadrons listed in this brochure are currently specific to MAG-29 and located at MCAS New River or MCAS Cherry Point, both in North Carolina.

Family Readiness Vision

Family readiness directly affects the purpose of Marine Aircraft Group 29

If our families are not ready, ultimately we are not a force in readiness.

Family Readiness = Mission Readiness
One team, one fight, and one family.



For more information on
Family Readiness and Support:

eMarine

<http://www.emarine.org>

MCCS Camp Lejeune

<http://www.mccslejeune.com>

MCCS Cherry Point, NC

<http://www.mccscherrypoint.com>

MCCS New River, NC

<http://www.mccsnr.com>

Military OneSource

<http://www.militaryonesource.com>

Military HomeFront

<http://www.militaryhomefront.dod.mil>

Unit, Personal, and Family Readiness Program (UPFRP)



*“Family Readiness is
Mission Readiness”*

<http://www.2ndmaw.marines.mil/>

<http://www.mag29.marines.mil/>

Family Readiness Hotline
1-866-242-0064



MAG-29 FRO CONTACT LIST

UNIT	FRO	PHONE	EMAIL	HOTLINE
MAG 29	Mrs. Adrienne Huls	(910) 449-4418	adrienne.huls@usmc.mil	prompt 6, prompt 1
MALS 29	Mrs. Sabina Carter	(910) 449-4158	sabina.carter@usmc.mil	prompt 6, prompt 2
HMH 366	Mrs. Elaina Avalos	(252) 720-2038	elaina.avalos@usmc.mil	prompt 6, prompt 6
HMH 461	Mrs. Judy Robinson	(910) 449-6020	judy.robinson@usmc.mil	prompt 6, prompt 8
HMH 464	Mrs. Samantha Miller	(910) 449-5204	samantha.miller@usmc.mil	prompt 6, prompt 3
HMHT 302	Captain Fitzgerald	(910) 449-5314	richard.s.fitzgerald@usmc.mil	prompt 6, prompt 5
HMLA 167	Mrs. Heather Dubois	(910) 449-5938	heather.dubois@usmc.mil	prompt 6, prompt 7
HMLA 269	Ms. Meghan Heine	(910) 449-6467	meghan.heine@usmc.mil	prompt 6, prompt 4
HMLA 467	Mrs. Tara Calbat	(252) 720-3877	tara.calbat@usmc.mil	prompt 6, prompt 9
MWSS 274	Mrs. Alaina Bell	(252) 466-5082	alaina.bell@usmc.mil	prompt 9, prompt 4



What is Unit, Personal, and Family Readiness?

Reference: MCO 1754.9A

"UPFRP will educate, assist, and empower Marines and families to achieve and maintain a high state of personal and family readiness and resiliency in response to life, career and mission events by providing information, tools resources and support in conjunction with MCCS and other agencies and organizations to empower them to take care of themselves."