

## Sources of Support and Assistance for Army Soldiers and Families

1. *Army Community Service (ACS)*: ACS is the principle source of family readiness for the Army on or near installations. It is staffed by paid professionals and volunteers. Among the services provided are Financial Management Assistance; Exceptional Family Members Program; Child Support Services; Family Advocacy; Relocation Services; and Information, Referral, and Follow-up.
2. *Army National Guard and U.S. Army Reserve Family Program Coordinator Offices*: Although not staffed at ACS levels, these offices provide information and referral services on all of the above-listed services, both military and civilian, for the families of Reserve Component members who normally reside away from Army installations.
3. *Family Assistance Center (FAC)*: FACs may be established on and off Army installations during periods of lengthy deployment. FACs provide assistance and information and referral on such matters as ID cards and DEERS, health care, legal matters, financial counseling and assistance, and family support.
4. *Rear Detachment*: A military unit may create a rear detachment when it deploys for extended periods of time. It is the primary point of contact for family members who have questions or who need assistance prior to and during separations.
5. *Family Readiness Group (FRG)*: The FRG is organized to provide mutual support for a unit's family members. It is affiliated with a specific military unit, ARNG Armory, or USAR Center. The FRG forms the third component of the Army's family support system during deployment. It operates during periods of normal operations as well, in close coordination with the affiliated unit and, if convenient, with ACS or the Reserve Family Program Coordinator's office.
6. *Installation Chaplain*: A good source for confidential counseling, community contacts, and family support programs.