

10 REASONS TO SEE THE FRO . . .

10. Having a baby?

I can put you in touch with numerous programs that will benefit both you and your new baby. I can connect you to at least one organization that loves to send a FREE gift to all new “Marine Corps Kids.” When it is time for you/your spouse to go back to work, I can give you childcare info as well as arrange meals for you and your family for your first week at home with the new baby!

9. Money Matters!

Being broke? It ain't no joke. VMU-1 can't give you a loan, but I can assist by connecting you to a variety of resources that will assist you in getting back on track financially.

8. New to the Marine Corps?

If you are newly married and you don't have an ID card, don't know what an LES is, or even where to find the commissary, have no fear, your FRO can help!

7. School, Job or Both?

Do you have questions about tuition assistance for school? Are you trying to find a job and don't know where to start? Start with the FRO! I can help get you connected to the resources you need to get started.

If you are interested in volunteer opportunities, I can provide you with a list of agencies on base and off base that are actively recruiting volunteers. Even better? I can tell you about the great volunteer opportunities at VMU-1!

6. Military Moves!

If you are coming to 29 Palms or if you're leaving the Deuce 9, I can help you with everything from planning the move to all the lowdown about your new home.

5. Exceptional Family Members -

Do you have a family member with a special medical or educational need? Please give me a call or stop by so I can refer you to the Exceptional Family Member Program at the Combat Center.

4. Counseling Services

Are you looking for counseling options — either personal, marriage or family? I have a list of counseling options (to include FREE counseling) available.

3. Community Happenings

I can tell you all about what's happening on and around base. Don't sit at home when something great is going on right out-side your door!

2. Deployment Support

Did your Marine just deploy? Did the car break down, the washer and dryer quit on the same day that your mother-in-law dropped in for an unexpected visit just as the kids starting acting up? :) No worries! Don't stress. Call the FRO!

I can help your family with everything from free child care, care package rules, Red Cross Messages, deployment updates, return info and every-thing in between. Let me be your resource during the challenging days in the midst of deployment when you're not sure what to do next.

And the number 1 reason to come and see your FRO . . .

1. Life happens...

We understand that life has it's ups and downs. I am here to help you through it!

Semper Gumby,

Elaina M. Avalos

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PLEASE MAKE SURE YOU UPDATE THE FRO WHEN YOU:

1. Move
2. Change Your Email Address
3. Change Your Cell or Home Phone Numbers
4. Check-in & Check-out!!!
5. Plan to Move for a Deployment
6. Are Having a Baby



*VMU-1 Watchdogs
Family Readiness
Command Team*

CO: LtCol John B. Barranco

XO: Maj David Funkhouser

SgtMaj: Michael Miller

FRO: Ms. Elaina M. Avalos

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