

**OPERATION READY TRAINING RESOURCES CAN BE
DOWNLOADED FROM:**

Website: <http://www.myarmylifetoo.com>



Operation R.E.A.D.Y. (Resources Education about Deployment and You)

Resources & Training Materials

The Family Readiness Handbook

The Army Leader's Desk Reference for Soldier/Family Readiness

The Army FRG Lead's Handbook

Family Assistance Center (FAC)

Pre-deployment & Ongoing Readiness

Homecoming and Reunion

Coping with stress

Making Your Reunion Work