

Virtual Family Readiness Group Training (vFRG) (on –line)
<http://www.myarmylifetoo.com> then go to:

[Virtual Family Readiness Group \(vFRG\) is \(on-line\) at](http://www.armyfrg.org)
<http://www.armyfrg.org>



The Virtual Army Family Readiness Group (vFRG) web system was developed with you in mind. The Army is always striving to implement new programs that will meet the needs and enhance readiness for our families. This resource is available to all battalions, brigades, groups, divisions, and corps for the Army, to include the Army National Guard and U.S. Army Reserve.