

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. 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 when you are home with the new baby!

9. **Money Matters!**

Being broke ain't no joke. VMA-223 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 is here and can help!

7. **School, Job, Looking to Volunteering?**

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 that are actively recruiting volunteers. Even better, I can tell you about the great volunteer opportunities at VMA-223!

6. **Military Moves!**

If you are coming to MCAS Cherry Point or if you're leaving, I can help you with everything from planning the move to the entire lowdown about your new home.

5. **Exceptional Family Members**

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

4. **Counseling Services**

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

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 outside your door!

2. **Deployment Support**

Is your Marine deploying? 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 start acting up? :) No worries! Don't stress. Call the FRO! I can help your family with everything from child care, care package rules, Red Cross Messages, deployment updates, return info and everything 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 its ups and downs. I am here to help you through it!

Semper Gumby,

Ashleigh Nix, Family Readiness Officer VMA-223

(252) 466-4820 Office / (252) 288-8340 Mobile / ashleigh.thrasher@usmc.mil

**PLEASE MAKE SURE
YOU UPDATE THE FRO
WHEN YOU:**

1. *Check-in & Check-out!*
2. *Get Engaged/ Married*
3. *Change your email address*
4. *Change your cell or home number*
5. *Have a baby*
6. *Move*
7. *Plan to move for a deployment*



**VMA-223
Great American Bulldogs
Family Readiness
Command Team**

CO: LtCol Benjamin Hutchins
XO: Maj Mark Ferguson
SgtMaj: AlVincent Mitchell
FRO: Ashleigh Nix
Deputy FRO:
SSgt Victor Salgado
Single Marine:
Cpl Adrian Mendoza