



I would like to take a moment to welcome you into the Seahawk Family.

As your Family Readiness Officer, I am here to serve you and your families by making sure that you receive the resources that you need to be successful Marines, Sailors and Families. Family Readiness is the ability of the individual Marine/Sailor and their family to successfully balance life, career and mission events.

The VMAQ-4 Family Readiness Program is designed to equip the entire Seahawk Family with the tools they need to meet the challenges of military life. My responsibilities include official family readiness communication and family outreach; information and referral; readiness and deployment support; volunteer management; and administrative and logistical support.

The Family Readiness Program is equally inclusive of single and married Marines/Sailors and their families. If you are a single Marine/Sailor, it is up to you to define your family, which may include parents, siblings, girlfriend/boyfriend, friends, etc. and I will ensure that that person is also welcomed into our Seahawk Family.

My main goal as your Family Readiness Officer is to ensure that you and your family have the resources to be empowered to succeed as a Marine Corps Family. I am the squadron's resource and referral specialist; I encourage you to contact me with any questions about programs, benefits or general information regarding the Marine Corps Lifestyle.

I am available to the Marines, Sailors and family members anytime to answer questions and direct you to the proper resources that you may require to solve your issues. At the same time, I am always open to your ideas and suggestions to improve the Family Readiness Program so that it serves the intent of the CO and Headquarters Marine Corps.

My door is always open to everyone. Please feel free to contact me via email, phone or to just stop by my office.

Again Welcome to VMAQ-4
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