

## “Guten Tag” and Congratulations on your assignment to Germany!



I am your Family Readiness Support Assistant (FRSA) for the 30th Medical Brigade (including the 212th CSH and 421st MMB). I have the BEST job in the Brigade. I am here to support Soldiers and Family Members and to promote Family Readiness. One of my goals is to help ease your transition to the unit and encourage you to make most out of your experience living here in Germany.

As your FRSA, I work closely with the Commander and Family Readiness Group (FRG) Leaders. I encourage you develop a support network. One way to establish a sense of community is to become actively involved with your unit's FRG. The FRG Volunteers host meetings and functions that encourage camaraderie and promote resiliency. Networking is the key to success, so get involved! FRGs are not just for spouses! Single Soldiers, Geographically Separated Military Members, and extended Family Members are also encouraged to participate.

In addition to your sponsor and the FRG, I am here to assist you during your move. No doubt, you are curious about Germany and your new home in the Kaiserslautern and Baumholder Communities. Allow me to help answer your questions before, during and after your arrival. I can provide you with information about local schools, employment and housing. Moving over-seas can be a scary process; I am here to help ease your fears and concerns.

Please don't hesitate to contact me!

**Cassandra.M.Belton.civ@mail.mil.**

It is my privilege to support the Best Soldiers and Families in the World. I look forward to meeting you and your Family Members.

Best Wishes for a Safe Journey!

*~Cassandra Belton*

