

## Yokosuka Ombudsmen & Family Readiness Group Contacts

### What is a Family Readiness Group (FRG)?

The purpose of a Family Readiness Group or FRG is to help plan, coordinate, and conduct informational, care-taking, morale-building and social activities to enhance preparedness, and command mission readiness and to increase the resiliency and wellbeing of Sailors and their families.

### What is the purpose of the FRG? (**Volunteers always needed**)


- Prepare members for deployments and homecoming
- Provide family support during deployments
- Help families adjust to challenges and to support one another in times of personal, unit, or area crises
- Welcome/mentor members who are new to the Navy lifestyle
- Coordinate social events, such as holiday celebrations


### What is an Ombudsman?

Ombudsmen are volunteers appointed by a commanding officer (CO) to serve as an information link between command leadership and command families. Ombudsmen are trained to disseminate information — official Department of the Navy (DoN) and command information, command-climate issues and local community opportunities. Ombudsmen are advocates for the command and command families and are trained to provide information and make referrals. Ombudsmen maintain an up-to-date list of resources to refer family members to the appropriate agency.

### Family Readiness Groups (FRG)


#### Commander Seventh Fleet (C7F):

 [c7ffrg@gmail.com](mailto:c7ffrg@gmail.com)

 *C7F Staff FRG*


#### USS Antietam (CG 54):

 [Antietamfrgpresident@gmail.com](mailto:Antietamfrgpresident@gmail.com)

 *USS Antietam FRG*

#### USS Chancellorsville (CG 62):

 [usschancellorsvillefrg@gmail.com](mailto:usschancellorsvillefrg@gmail.com)


 *USS Chancellorsville CG 62 FRG*

#### USS Curtis Wilbur (DDG 54):

 *USS Curtis Wilbur Family Support Page*


#### USS Barry (DDG 52):


 [ussbarryfrg@gmail.com](mailto:ussbarryfrg@gmail.com)

 *USS Barry FRG*


 = *Search for them on Facebook!*

#### USS Blue Ridge FRG (LCC-19):

 [blueridgefrg@gmail.com](mailto:blueridgefrg@gmail.com)


 *USS Blue Ridge FRG*


#### USS Milius (DDG-69):

 [ussmilius69frg@gmail.com](mailto:ussmilius69frg@gmail.com)


 *USS Milius FRG*


#### USS Shiloh (CG-67):

 [shilohfrg@gmail.com](mailto:shilohfrg@gmail.com)


 *USS Shiloh FRG*

#### USS John S. McCain (DDG 56):

 [mccainfrg@gmail.com](mailto:mccainfrg@gmail.com)

 *USS John S. McCain Family Readiness Group*

#### USS Ronald Reagan (CVN-76):

 [president.cvn76frg@gmail.com](mailto:president.cvn76frg@gmail.com)

 *FRG USS Ronald Reagan CVN 76*

## Ombudsman Contact Information:

Worldwide Contact Site: <https://ombudsmanregistry.cnic.navy.mil/?m=contactombudsman>

### Command Ombudsmen Ashore

Afloat Training Group (ATG):	<a href="mailto:atgwpomb@gmail.com">atgwpomb@gmail.com</a>
Commander Fleet Activities Yokosuka (CFAY):	<a href="mailto:cfayombudsman@yahoo.com">cfayombudsman@yahoo.com</a>
Commander Naval Forces Japan (CNFJ):	<a href="mailto:cnrj.ombudsman@gmail.com">cnrj.ombudsman@gmail.com</a>
Commander Sub Group Seven (COMSUBGRU7):	<a href="mailto:csg7ombudsman@gmail.com">csg7ombudsman@gmail.com</a>
Commander Submarine Force, Navy Data Center (COMSUBPAC NAVDATACEN):	<i>pending</i>
Defense Logistics Agency (DLA), Yokosuka:	<a href="mailto:DDYJ.ombudsman@gmail.com">DDYJ.ombudsman@gmail.com</a>
Defense Service Office Pacific (DSO PAC):	<i>pending</i>
NAVFAC Far East:	<i>pending</i>
NMCPAC EAD Yokosuka:	<a href="mailto:ryann.prieser@gmail.com">ryann.prieser@gmail.com</a>
NAVSUP Fleet Logistics Center Yokosuka (FLCY):	<a href="mailto:navsupflcyokosuka@gmail.com">navsupflcyokosuka@gmail.com</a>
Naval Computer and Telephone Station Far East (NCTSFE):	<a href="mailto:nctsfeombudsman@gmail.com">nctsfeombudsman@gmail.com</a>
Naval Oceanography Antisubmarine Warfare Center (NOAC):	<a href="mailto:noac.yoko.omb@gmail.com">noac.yoko.omb@gmail.com</a>
Navy Info Operations Command (NIOC):	<a href="mailto:ombudsman.nioc@yahoo.com">ombudsman.nioc@yahoo.com</a>
Navy Public Affairs Support Element (NPASE):	<a href="mailto:NPASEJapanomb@gmail.com">NPASEJapanomb@gmail.com</a>
Regional Legal Services (RLSO):	<a href="mailto:rlso_ombudsman@hotmail.com">rlso_ombudsman@hotmail.com</a>
Ship Repair Facility (SRF):	<a href="mailto:srfjxcombudsman@yahoo.com">srfjxcombudsman@yahoo.com</a>
US Naval Hospital (USNH):	<a href="mailto:usnh yokosuka.ombudsman@gmail.com">usnh yokosuka.ombudsman@gmail.com</a>

### Command Ombudsmen Afloat

Commander Seventh Fleet (C7F):	<a href="mailto:ombudsman.c7f@gmail.com">ombudsman.c7f@gmail.com</a>
Command Task Force 70 (CTF 70):	<a href="mailto:ctf70ombudsman@yahoo.com">ctf70ombudsman@yahoo.com</a>
Commander Destroyer Squadron 15 (COMDESRON 15):	<i>pending</i>
USS Antietam (CG 54):	<a href="mailto:ombudsmancg54@gmail.com">ombudsmancg54@gmail.com</a>
USS Barry (DDG 52):	<a href="mailto:ussbarryombudsmanjapan@gmail.com">ussbarryombudsmanjapan@gmail.com</a>
USS Benfold (DDG 65):	<a href="mailto:benfoldombuds@gmail.com">benfoldombuds@gmail.com</a>
USS Blue Ridge (LCC 19):	<i>pending</i>
USS Chancellorsville (CG 62):	<a href="mailto:chancellorsville.ombudsman@gmail.com">chancellorsville.ombudsman@gmail.com</a>
USS Curtis Wilbur (DDG 54):	<a href="mailto:ddg54omb@yahoo.com">ddg54omb@yahoo.com</a>
USS McCampbell (DDG 85):	<a href="mailto:mccampbell.ombudsman@gmail.com">mccampbell.ombudsman@gmail.com</a>
	<a href="mailto:mccampbell.ombudsman2@gmail.com">mccampbell.ombudsman2@gmail.com</a>
USS Milius (DDG 69):	<a href="mailto:milius.ombudsman@gmail.com">milius.ombudsman@gmail.com</a>
USS Mustin (DDG 89):	<a href="mailto:ussmustin.ombudsman@gmail.com">ussmustin.ombudsman@gmail.com</a>
	<a href="mailto:mustinombudsman@yahoo.com">mustinombudsman@yahoo.com</a>
USS Ronald Reagan (CVN 76):	<a href="mailto:cvn76ombudsman@hotmail.com">cvn76ombudsman@hotmail.com</a>
USS Shiloh (CG 67):	<a href="mailto:omb4shiloh@gmail.com">omb4shiloh@gmail.com</a>

\*Facebook: Most Ombudsmen have a FB page. Please contact above POC for more info.