



**SOCPAC COMMANDER**  
MG Salvatore F. Cambria

**HQ COMMANDANT**  
MAJ Jeffrey S. Winston

**FRG COORDINATOR**  
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**FRG LEADER**  
Gayla Hammerstrom

## IMPORTANT NUMBERS

MILITARY INFO ON OAHU..... (449-7110)  
(Any number on any military installation)

SOCPAC COMMAND CTR... (477-5323/5282)

MEDICAL CLINICS (for appointments)

Hickam	15 <sup>th</sup> Medical Group 808-448-6000
Kaneohe	Branch Medical Clinic Kaneohe 808-257-3365
Pearl Harbor	Naval Health Clinic Hawaii 808-473-1510
Tripler & Schofield	Tripler Army Medical Center 808-433-2778

FAMILY SERVICE CENTERS

Hickam	449-2494
Kaneohe	257-3655
Pearl Harbor	473-2220/4222
Schofield	655-4227
Fort Shafter	438-9285

CHILDCARE

Hickam	449-9880
Kaneohe	257-7430
Pearl Harbor	422-7133
Schofield	655-7106
Fort Shafter	833-5570

## HELPFUL WEB SITES

<http://www.socpac.socom.mil>

Special Operations Command web site

[www.armyfrg.org](http://www.armyfrg.org)

SOCPAC Virtual Family Readiness Group  
(Registration Required)

[www.militaryfamily.K12.hi.us](http://www.militaryfamily.K12.hi.us)

Information center for military families  
enrolling children in Hawaii public schools.

<http://www.yourmilitaryinhawaii.com>

Aloha Military Family Guides

# Special Operations Command, PACIFIC

**FRG**  
Family Readiness Group  
808-477-7909



## Oahu Military Family Service Centers

Army Community Service (ACS)  
[www.mwrarmyhawaii.com](http://www.mwrarmyhawaii.com)

Fleet & Family Support Center (FFSC)  
[www.greatlifeohawaii.com](http://www.greatlifeohawaii.com)

Hickam Family Support Center  
<https://www.hickam.af.mil/FamSup/>

Marine & Family Services  
<http://www.mccshawaii.com/>

Special Operations Command,  
Pacific (SOCPAC)  
Box 64046  
Camp H.M. Smith  
Hawaii 96861-4046

<http://www.socpac.socom.mil>



## OUR OBJECTIVES

1. Develop and operate systems to provide information, offer support and outreach, promote involvement, and prevent isolation.
2. Establish a network of communication to provide information to families and collect information on family needs and problems that require assistance.
3. Conduct events and activities that foster a sense of belonging, promote friendships, enhance morale, and improve quality of life.
4. Refer family needs or problems that cannot be met by the Family Readiness Group Coordinator (FRGC) to appropriate support personnel or agencies for assistance.
5. Provide an opportunity for family members to mutually support and assist one another, especially during periods of family separation or emergencies. (Network of Families)

## SOCIAL EVENTS

Many activities are planned throughout the year: from holiday and unit celebrations to beach outings. There's a little something for everyone whether you're single, just you and your spouse, or if you have children.

**SOC PAC events** throughout the year provide an opportunity to meet new SOCPAC arrivals and say farewell to those that are leaving. These events are usually outdoors and involve the entire family.

**FRG Meetings** are normally scheduled quarterly and offer an opportunity to share important information with family members, provide education on important topics, and foster connections with family members.

**Spouse Socials** while not sponsored by the FRG are gatherings that are planned monthly and create an avenue to meet other spouses and provide a relaxing atmosphere for socializing and getting to know others. A variety of different activities are planned for the spouse socials.

## SPOUSES' CRISIS ACTION NETWORK (SCAN)

The SCAN exists for emergency assistance to help families get back on their feet after traumatic or tragic events. The SCAN also provides an organized system to run errands and get meals to families in a crisis or emergency situation.

The SCAN is made up of volunteers. If you're interested in volunteering for the SCAN or would like to know about other volunteer opportunities, contact the SOCPAC FRG Coordinator at 477-7909.

## TELEPHONE TREE ROSTER

SOCPAC's FRG Telephone Tree Roster is established to assist in dealing with various situations that may occur during a sponsor's absence. It is the method for providing information and assistance to families. You will be notified through the FRG phone roster of important information pertaining to SOCPAC and the FRG. The FRG is your primary link with the unit in the event of deployment and is a means of communicating important information. The phone roster may be activated for any of the following reasons: SOCPAC social events, general information pertinent to SOCPAC and families, deployment information, homecoming information, and emergency information.

Participation is voluntary. However, the function of the Phonetree Roster is to keep you informed with the most up-to-date information available concerning SOCPAC. The roster is strictly confidential and is not to be used for solicitation, chain mail, or mailing lists of any kind.

The Phonetree Roster is a vital life support system. If you have a problem that you are unable to resolve by yourself, contact your Key Caller on the Chain of Concern or contact the FRG Coordinator at 477-7909.

## SOC PAC WEB SITE

Please visit the SOCPAC web site at

<http://www.socpac.socom.mil>