



Help Military Families Cope Well With Change

If there's one constant about military life, it's change. Moves, deployments, and returning to civilian life are some of the events that can disrupt the everyday flow for service members and their families. If families you work with struggle with change, Military OneSource offers specialized help from those who have traveled the same road.

Peer support

Military OneSource peer consultants are trained clinicians who are former service members or military spouses. They draw on a deep well of experience and knowledge of resources to help military families with many concerns related to military life. Let your families know peer consultants can:

- Help new spouses acclimate to military life
- Discuss concerns related to deployments
- Connect participants with military services, benefits, programs, and other resources. These include financial counseling and spouse education and employment.

Transitioning back to civilian life may be one of the biggest changes military families will face. Military OneSource consultants will guide families through the required tasks and connect them with other resources that can smooth the transition. Military families have full access to Military OneSource services for one year after separation or retirement.

Spouse relocation

A permanent change of station (PCS) move means adjusting to a new duty assignment, new schools, and a new home. Military OneSource spouse relocation consultants are trained in



military moves both stateside and overseas. They can help families with a wide variety of moving and relocation services. These include:

- Creating a personalized moving plan and schedule
- Finding information about housing in their new community, shipping household goods, vehicles, and pets
- Identifying neighborhood schools

These and other Military OneSource services are free to eligible participants.