



MC&FP FACT SHEET

PCS Season

Background

Permanent change of station moves are part of life for most service members and their families. Many thrive on the new experiences and opportunities afforded them through their mobile lives, but that doesn't mean moving is easy. Frequent moves may strain even the most resilient families. Knowing how to plan and what to expect during a move can help alleviate some of the inherent stresses service members face. Family Readiness System programs are here to support service members and families as they move with the military.

Highlights

For military members and their families, each PCS move comes with a unique set of challenges. Fortunately, the following support programs can help before, during and after a move:

- The Relocation Assistance Program offers planning assistance, referrals and education on how to minimize the stress and maximize the benefits of a move.
- The Exceptional Family Member Program is standing by with information and resources to help families moving with a member who has special needs. Military OneSource specialty consultations are available to discuss concerns regarding special needs care and education.
- The Spouse Education and Career Opportunities program assists military spouses with targeted information on portable careers, resources and access to specialized career counselors.
- Sponsorship programs provide an important link between transferring service members and their new units, installations and communities.

Data

- ✓ *Roughly one-third of military service members and their families relocate each year.*
- ✓ *Programs that are a part of the Family Readiness System help service members prepare for relocation so they arrive at their new duty stations ready to focus on their mission.*

Additional information

Military OneSource programs and services are available 24 hours a day, seven days a week online at www.militaryonesource.mil or by calling 800-342-9647.

