


GETTING READY FOR A BIG FAMILY CHANGE




Change can be scary, but it can also be exciting! Talking about the change, having a plan, and getting connected to resources can make it a little easier. Following are some life changes you may experience as a military family and resources to help you navigate them.


PERMANENT CHANGE OF STATION (PCS) 

Whether moving to a different coast or a different country, PCSing requires preparation and planning. Start by making a to-do list and taking inventory.

Need help with making your checklist? Check out [Create A Custom Military PCS Moving Checklist | Plan My Move \(militaryonesource.mil\)](#) for personalized moving checklists and tips for a smooth transition.

END OF ACTIVE SERVICE (EAS) / RETIREMENT 


Deciding to make the return to civilian life? Check out [Military OneSource](#) for a library of information on military separation and transition.

DEPLOYMENT 


Every deployment is different; different time, different location, different circumstance. Pre, during, and post deployment plans can bring consistency. Connecting with a [Deployment Readiness Coordinator \(DRC\)](#), can help families stay connected while their Marine is away.

NEW CIRCUMSTANCES 

The [New Parent Support Program](#) is a professional team of social workers, counselors, and registered nurses ready to assist you in navigating this new chapter. Or perhaps you or a family member have been diagnosed with a new medical condition. The [Exceptional Family Member Program](#) is a one-stop shop to assist and connect you to a variety of helpful resources and information.

NEW SCHOOL 

Get familiar with the options available by reaching out to an installation's [School Liaison Officer \(SLO\)](#). [SL's WOULD'NT THIS BE SLO'S?](#) can assist in identifying and addressing needs related to your child's education.

NEW AGES AND STAGES 

As your child gets older, you may wonder how to keep your connection strong. Talking with your [Community Counseling Program](#) for parenting tips or your [Child and Youth Program](#) to understand what to expect at different ages can be valuable tools and resources.

For more information, contact your local **Information, Referral and Relocation** office.