



# Military OneSource

Connecting You  
to Your Best MilLife



# PCS'ING? LET US HELP!!

**MILITARY ONE SOURCE**



## Master Your PCS

With online tools, resources and expert relocation support  
24/7 from Military OneSource

Military OneSource provides the moving support you need, all in one place. For planning tools, information about housing allowances, moving with kids and pets, OCONUS tips, how to schedule your move and more, visit <http://www.militaryonesource.mil/pcs>.

**Use Plan My Move to create custom checklists**  
Simply answer a few questions and the tool creates lists tailored to your unique needs. New features enable you to:

- View your tasks by topic or timeline
- Edit and add checklist items
- Rearrange checklist items with drag and drop
- Revisit and continue previously saved checklist(s)
- Save your checklists in a variety of formats

<https://planmymove.militaryonesource.mil/>

**Learn about your new duty station on the MilitaryINSTALLATIONS website**

Get information about:

- Base essentials
- Military and family support services such as child and youth, housing, transportation and school liaisons
- Sponsor and youth sponsorship
- Contact information for installation programs and services
- Maps, photos, local community information and more

<https://installations.militaryonesource.mil/>

**Let the Relocation Assistance Program help with your PCS**

Contact your local Military and Family Support Center or call Military OneSource for information about:

- Pre-departure briefings and newcomer orientations
- Foreign-born spouse support
- Exceptional Family Member Program support
- Finances, housing and stress management
- Child care options
- Spouse employment assistance
- Local community resources

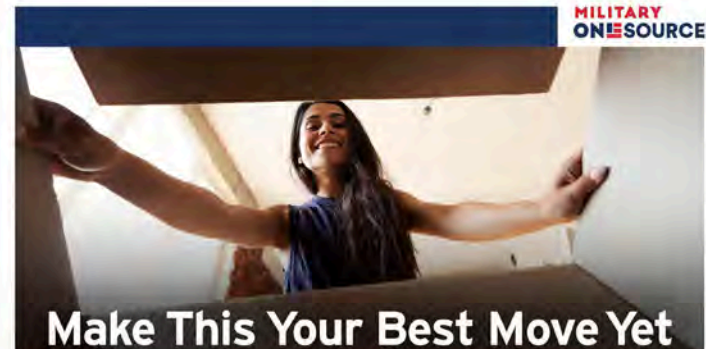


Call Military OneSource at 800-342-9647  
or visit [www.militaryonesource.mil/](http://www.militaryonesource.mil/).



U.S. Department of Defense

**MILITARY ONE SOURCE**



## Make This Your Best Move Yet

Get a specialty consultation on relocation and transition  
to make change less stressful.

Any military spouse can call Military OneSource at any time to get personalized relocation or transition support from a consultant trained in military moves. Consultants can refer you to resources from the Department of Defense or your new installation and community. Start your next move with Military OneSource, so you can start your next chapter strong.

### Gear Up for a Great Move

Military OneSource Consultants offer you:

- Help coordinating your move
- Assistance finding housing on or off installation
- Tools for estimating and controlling moving costs
- Tips for shipping and storing household goods strategically
- Resources for moving pets safely
- Referrals for immigration and naturalization services
- Support for English language education
- Information about programs and services at installations worldwide
- Guidance on local transportation
- Career coaching and assistance
- Referrals for non-medical counseling to ease adjustments
- Help finding affordable child or elder care

Call Military OneSource at 800-342-9647 anytime or go to [MilitaryOneSource.mil](http://MilitaryOneSource.mil) to schedule your consultation. We can help with relocation, transition, and other aspects of your life in the military, from fitness to finances.



# PCS'ING? LET US HELP!!

## Help Your Toddlers Understand Moving



Download the app in your smart phone's app/play store.