

# MILITARY ONE SOURCE CONNECTION



Keeping you informed about products and services

1-800-342-9647

## Make Your Next Move Easier

### With Our New Online Launching Page

When you receive PCS orders, you're bound to have mixed feelings. You're likely to be excited about the chance to meet new people and see new places. And you're likely to feel stressed about the nitty-gritty of the move. You may also be thinking about ways to make the transition easier for family members, especially children and teens.

Now PCS planning is easier than ever. Our new online launching page takes you to articles and online tools, plus government and branch-specific links that will keep you a step ahead for the whole relocation process. Like all Military OneSource services, this feature is free to service members and their families.

### Where to find the launching page

Go to the [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) homepage and click on "Find Information" in the top menu, then on "Moving" under "Military Life & Deployment." That takes you to our comprehensive new launching page, "Making Your Next Move Easier."

### What it contains

The launch page brings you to:

- **Expertly prepared, up-to-date information** about everything relocation-related, including housing, child care, finances, schools, employment, household goods, and moving with a family member who has special needs. Articles include *Helping Your*



*Teenager Cope with Relocation, A Step Ahead: Getting Ready to Relocate as a Military Family, Deciding to Live On or Off the Installation as a Single and Deciding to Live On or Off the Installation as a Couple.*

- **Online tools** like DoD's easy-to-use Plan My Move and militaryINSTALLATIONS tools, and the Military OneSource Relocation Tool. Together they give you key information about communities all over the U.S., plus access to information about your entitlements and benefits, points of contact, checklists, information on education and employment, and directories of programs and services.
- **Links to key DoD and branch-specific resources**, like the Exceptional Family Member Program (EFMP) and spouse-employment programs.
- **Information about obtaining personal help by phone or e-mail** from our master's-level consultants, who can help you nail down details of your new community. They can help with other concerns, too, like finding child care, medical care, or even a mechanic for your car. Just call 1-800-342-9647 or "e-mail a consultant" from our homepage at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

"This is a great resource. I recently participated in the online chat about finances. That was great."  
— February 9, 2011 Facebook post

## Is the Tax Monster Breathing Down Your Neck?

Military OneSource is here to help reduce your stress with our customized version of the basic H&R Block at Home® electronic tax-filing product. This customized product allows for free federal filing and free state filing (up to three states). In addition, free telephonic tax consultations are available to help with tax-related issues. Like all Military OneSource resources, this service is free to active duty, Guard, and Reserve members and their families. To learn more and to access the program, go to [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) and click on the tax outlet on the homepage.

# Helping Your Teenager Cope with Relocation

Packing up and leaving for a new place can be difficult at any age, but it can be especially hard on teenagers. Saying goodbye to good friends, being the new kid at school, and worrying about fitting in are a few of the challenges ahead. Family is the one constant in your teenager's life right now. Even if it doesn't seem that your teenager needs you, try to make yourself available. Your teenager needs you now as much as ever.

## Before the move

While your teenage son or daughter may not be excited about moving, you can make the transition a little easier. Helping your teenager prepare for the move early on may ease some of the strain.

- **Tell your teenager about the move as soon as possible.** You may be tempted to delay breaking the news, but it's best to tell your teen right away. If you wait too long your teenager may feel betrayed when she does find out. As difficult as it is to face a move, knowing about it far in advance will give her time to prepare emotionally and to start planning for the future.
- **Talk it over.** Sit down with your family to discuss the move. Encourage everyone to express their feelings, even negative ones, but point out the positive aspects of the move. ("I hear the new installation has a rock-climbing wall," or "We'll live closer to your grandparents.") Be sure

to acknowledge—and not downplay—your teenager's feelings of anxiety or sadness, and let him know that you are always available to talk during the process of moving.

- **Encourage your teenager to attend relocation briefings with you when appropriate.** Some installations may have relocation workshops for children and teens. Check your installation's relocation office or Family Support Center to see what's available.
- **Stick to your regular routines.** Routines provide a sense of comfort and stability, so try to maintain them, even when it becomes difficult. Your teenager may not see the point of going to Thursday-evening baseball practice if he'll be leaving the team, but encourage him to go anyway.
- **Involve your teenager in some of the planning.** Your teenager will feel part of the process if you let her help plan the move. If you'll be driving to your new location, ask your teenager to pick out the route. Show her a layout of your new home and ask for suggestions about where to put the computer. If your children will have their own rooms, allow them to pick out colors or buy new posters to hang on the walls.

(Excerpted from the longer article, *Helping Your Teenager Cope with Relocation*, available at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com). © 2010 Ceridian Corporation, Military OneSource. All rights reserved.)



## About Military OneSource

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to twelve sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com).

"I just wanted to say THANK YOU for everything you all do for our Military!! Words can't even begin to explain how grateful & thankful I am as an army wife for this organization."

— February 19, 2011 Facebook post

## Military OneSource

By phone, online, and face-to-face

You name it. We can help—24/7!

1-800-342-9647

**Overseas:** xx-800-3429-6477 (Country access codes can be found online)

**Collect from Overseas:** 484-530-5908  
(Dial an international operator first)

**En español llame al:** 1-877-888-0727