



# An Overview of Resources and Support for Military Spouses

**Military OneSource supports military spouses with relocation, career guidance and more.**

## **Spouse employment**

Military OneSource and the Spouse Education and Career Opportunities program offer career coaching, scholarships and paid fellowships to support your journey.

## **Relocation and PCS move**

Spouse relocation and transition consultations provide personalized PCS assistance, planning tools, tips for moving with pets and kids, and help for settling in to your new home.

## **Counseling services**

Whether you need help managing stress, improving your relationships or navigating the deployment cycle, you've got someone to talk to. Military OneSource counselors offer free, confidential sessions in person, by phone or online.

## **Relationships**

You can find a robust range of relationship support services to help strengthen connections and rebuild bonds, including couples counseling, coaching and online programs.

## **Recreation**

MWR programs offer fitness facilities, organized sports, discounted event tickets and travel planning to help you unwind, stay active and connect with your community.

## **Parenting**

Trusted resources, expert tips and practical tools are provided to help you raise safe and confident kids at every stage.

## **MilTax and finances**

Financial counselors and MilTax consultants can help you with budgeting, managing debt and planning for tax season. Schedule a free session for personalized guidance.

## **Support for every MilLife moment**

Military OneSource is your 24/7 gateway to trusted information, resources and confidential help. When MilLife happens, we are your "first line of support" – giving military families tools to stay well and thrive.

Call us anytime at 800-342-9647 or live chat with us 24/7/365. If you're stationed overseas, visit the website to find international calling options. We're here for you.

Visit [MilitaryOneSource.mil](https://www.militaryonesource.mil) for more information.



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