



## Tips to Help Your Family Survive a Permanent Change of Station (PCS)

### Tips for Surviving Your Move and Settling in Fast

We understand how big of a task a PCS move is for our service members and their families. As a military member, a Permanent Change of Station (PCS) is a significant event that can mark the start of a new chapter in your life. It's a monumental event that requires a lot of planning and preparation, but it's nothing you must face alone. The good news is that the military is here to support you and your family every step of the way.

There are plenty of resources online to help you plan and implement your move and your transition to your new duty station is as smooth and stress-free as possible. Some of these include:

- [Plan My Move – Customized checklists](#)
- [Personal Property Resources library](#)

### These Steps Can Help the Shift Become Easier

- Research your new duty station and its community before you arrive to make the transition easier
- Get organized by making a checklist of big and small items that need to be taken care of before you leave
- Create a budget for yourself and family members to ensure that everyone's needs are met
- Sign up for online resources like military housing websites to get an idea of the local housing market
- Reach out to other military families in the area or on social media outlets for support as you transition
- Utilize available resources from the military's Family Readiness Program such as relocation assistance, emotional wellbeing services, and financial advice

PCSing is a process that comes with a variety of challenges and stressors. Navigating these challenges can be a formidable task for families, but with the right resources, it doesn't have to be. From enlisting the help of friends and family members to seeking out organizations dedicated to making military moves more functional, there are endless opportunities available to ease the transition of the relocation process.

Ultimately, the most important thing is to make sure you have enough support through all stages of your move. Take time for yourself to manage stress and reach out for help if you need it- being honest about what's going on in your life can help combat any stressful situations. Above all else, remember that relocating does not have to mean starting over again! Keep your head held high, keep moving forward—and enjoy this new chapter in your story!