

ONLINE RESOURCES



FT. Meade Army Community Service



**New to Military life? Need help with your move?
Can't come in person?**

Military Life Style

Issue Management System: ims.armyfamilywebportal.com

Army Family Web Portal: armymwr.com/programs-and-services/personal-assistance

Fort Meade MWR: meade.armymwr.com

Relocation, PCS & Moving:

Installation Information: installations.militaryonesource.mil

Moving Checklist: planmymove.militaryonesource.mil

Person Property Shipping: militaryonesource.mil/resources/millife-guides/preparing-to-move-or-pcs/

Home Rentals Options: homes.mil

Employment and Education Resources:

Anne Arundel County Workforce Services: aawdc.org

Education and Career Opportunities: myseco.militaryonesource.mil

ESL Classes: aacc.edu/resources/academic-services/english-language-learning/

Deployment Support:

Plan My Deployment: planmydeployment.militaryonesource.mil

Yellow Ribbon Reintegration Program (Reserve and Guard): yellowribbon.mil

Children and Family:

Child Care Options: public.militarychildcare.csd.disa.mil/mcc-central/mcchome

Exceptional Family Member Program: militaryonesource.mil/special-needs/efmp

Emergency Family Assistance:

ADPAAS: pki.adpaas.army.mil

Emergency Preparation: ready.army.mil

Help 24/7 <https://www.militaryonesource.mil> or 800-342-9647

Planning Military Deployment

Online Resources for a Successful Deployment



PRE-DEPLOYMENT: This is the busiest time! Between undergoing training, briefing, medical evaluations and counseling we might miss things. Here is a list of upcoming deployment.

- **Financial Management:** militaryonesource.mil/resources/millife-guides/financial-management/
- **Legal Assistance:** planmydeployment.militaryonesource.mil/pre-deployment/service-members/legal-matters-steps-to-take-before-deployment/
- **Health Care:** Make sure you and your family members are enrolled in the DEERS, and in TRICARE.
- **Relationship:** <https://www.militaryonesource.mil/resources/millife-guides/caregiver-support-during-military-deployment/>

Pre-deployment Checklists:

- download.militaryonesource.mil/PlanMyDeployment/MOS_PMD_Pre-Deployment_Checklist_Home-Maintenance-Checklist.pdf
- download.militaryonesource.mil/PlanMyDeployment/MOS_PMD_Pre-Deployment_Checklist_Must-Have-Documents.pdf

DEPOLYMENT: This phase begins with the physical movement of individuals and units from their home installation to the designated location of deployment. Remember this can be a stressful time for everyone! It is important to stay in touch with friends and family during this time.

- **Stress management:** militaryonesource.mil/resources/millife-guides/stress-management
- **Staying in Touch:** planmydeployment.militaryonesource.mil/deployment/family-members/staying-connected-with-your-service-member-during-deployment/
- **Coping Skills:** planmydeployment.militaryonesource.mil/deployment/service-members/practicing-mindfulness-during-deployment/
- **Safety and Security:** planmydeployment.militaryonesource.mil/deployment/family-members/security-and-safety-during-deployment/
- **Supporting Children:** planmydeployment.militaryonesource.mil/deployment/family-members/supporting-kids-during-deployment/
- **Combating Loneliness:** militaryonesource.mil/resources/millife-guides/support-for-loneliness/

REUNION AND REINTEGRATION: This is the process of returning to home station. You've returned home, completed post-deployment recovery and administrative requirements. Now you can readjust family life and getting back to regular military duties.

- **Revisit Personal Affairs:** planmydeployment.militaryonesource.mil/reunion-reintegration/service-members/revisiting-personal-affairs/
- **Reunion Expectations:** militaryonesource.mil/deployment/reunion-reintegration/returning-from-deployment-helping-your-family-transition/
- **Mental Health:** planmydeployment.militaryonesource.mil/reunion-reintegration/family-members/mental-health-after-deployment-what-to-know-and-where-to-get-help/



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