



# RELOCATION ASSISTANCE WORKSHOPS

AVAILABLE UPON REQUEST

The Fleet & Family Support Center is ready to provide Relocation Workshops for your command or group. We have classrooms available onsite or we are happy to visit your location. We can also meet individually to discuss any of the topics listed. **Schedule your session today!**

**COMMAND RELOCATION BRIEF:** This 30-minute session provides command leadership with an overview of the Relocation Program for service members and their families. This course covers the phases of relocation, education opportunities, and available resources.

**SMOOTH MOVE:** This training provides information to relocating families with permanent change of station (PCS) orders within the continental U.S. Topics in Smooth Move include an overview of the moving process, tips and techniques for coping, managing the move, moving with children, and resources available throughout the relocation process.

**MOVING WITH AN EXCEPTIONAL FAMILY MEMBER:** This 60-minute session provides service members and their families with the information and resources available to assist them in relocating with an exceptional family member (EFM). The Exceptional Family Member Program (EFMP) is available for active-duty personnel who have family members with chronic health care or special education needs.

**SPONSOR ORIENTATION:** This 60-minute session provides command personnel with information and training to successfully fulfill their roles as command sponsors. It presents an overview of the benefits of sponsorship, a checklist of sponsor duties and responsibilities, and a helpful timeline designed to streamline the sponsorship process and provide a pleasant transitioning experience.

**MOVING OVERSEAS:** This 120-minute session provides service members and their families who are transferring overseas with a one-stop resource and information overview. Focus is on the pre-departure planning and post-arrival adaptation to an overseas move, with proven tips and techniques for moving overseas.

**CULTURAL ADAPTATION:** This 90-minute session provides service members and their families with an overview of culture shock and the resources available to help encourage a smooth integration into a new culture. The module focuses on symptoms of culture shock, the culture shock cycle and coping tips before and after arrival to the host country.

**WELCOME ABOARD:** This 60 minute session is designed to minimize the stress associated with adjusting to a new duty station. It provides incoming service members and their families with information on military and civilian resources at their new area.

**Call to make a reservation 760-939-4545**

At The Fleet and Family Support Center Building  
(02308 Blandly Ave.)

