



## GETTING SETTLED AFTER A RELOCATION

You've probably prepared many to-do lists for your relocation, capturing all of the important things you need to settle into your new location. While car insurance, health care, and housing are essential, sometimes the things we forget to add to the list are often the most important –like finding a new support system and making time to enjoy your new community!

### GET CONNECTED:

- Reach out to your local military family service provider, whether the [MFRC \(Military Family Resource Centre\)](#) or [MFS \(Military Family Services\)](#). Check out virtual and in-person programming options, as this is great way to integrate into your new community!
- Explore and join local [clubs](#) or groups in your area, including through [PSP Recreation](#).
- Recognize that it's not easy to put yourself out there, and not every group or environment will be the right fit. Don't be afraid to decide that one group or program isn't the right one for you and your family, and try somewhere different.

### EXPLORE YOUR COMMUNITY AND THRIVE:

- Update your [Family Care Plan](#) as needed, as this tool supports both individual and unit operational readiness.
- Connect with your local [PSP Community Recreation team](#) to learn about the network of leisure activities, supports and social groups that you and your family can participate in.
- Embrace the new location as a family and make it an adventure. Invest in spending time in the new community together, as a couple and as a family. Talk together about your hopes for the new location.
- Grab a copy of the local community newspaper, which can provide up-to-date information about local services and events, plus many local businesses advertise services you might be looking for, like dentists accepting new patients.
- Check out the local tourism website to see what's interesting and happening in your area, and make a 'bucket list' of everything you'd like to try out and visit.



- Carve out time as a couple and family to talk about how the integration is going, what your feelings are, and how you can support one another. Validate the emotions that your partner or children are feeling, and also tell them how you feel, too.

#### **REACH OUT FOR SERVICES AND SUPPORT:**

- If you were accessing counseling or support in your previous community, whether individually or as a couple, ensure that you continue to do so. Virtual services are a good option while you look for local resources.
- While arranging for medical care in your new community, turn to [Maple](#) for virtual health care.
- The [Family Information Line \(FIL\)](#) understands military life and is there for you 24/7 - from quick answers about specific issues to short-term confidential counseling.
- Explain to your teen that [Kids Help Phone](#) is available as a free and confidential resource. They can call or text for support 24/7: Text CAFKIDS at 686868 for service in English or JEUNESFAC at 686868 for service in French.
- If you are looking for a new employment opportunity or a resume refresher, check out the [Military Spousal Employment Network \(MSEN\)](#).

**Put down roots in your new location:** Be sure to meet the neighbours, ask locals for recommendations, and try to embed yourself in the new community. When you invest in your new home and community, it can lift your spirits and remind you that you belong here. During the hustle and bustle of a move, make sure you take time to do the things you love and bring you joy. Take a yoga class, go for a walk in nature or break out your watercolors to capture your new community's sunset.

