

# PREPARE

To get more information contact your [MFS Coordinator](#)

**So you are thinking about or planning for a posting to the United States or are Returning to Canada? Let us help you prepare!**

**Connect with your designated Military Family Services Staff in the US who are ready to help in any way they can. If headed back to Canada—contact the MFRC in your new city.**

**Read the MFS Family Guide which is full of information to help you make a smooth transition. Have you thought about....**

- Canada Revenue Agency and paying taxes in the US
- Making sure you are prepared for banking and credit card challenges
- Emergency Family Care Plan and what to do in case of an emergency
- It's just a move to the US—is Culture Shock real?
- Immunization and how schedules may be different from Canada
- Paperwork needed to set up US services – doctors, schools,
- Registrations for Children's sports, activities

**Get your NORAD and CDLS Welcome Books and access to their websites for all the procedural information that you need to know**

- Move Information
- Border requirements
- Licenses requirements
- Procedures for Health Care
- Much, much more!

**Read some of our FAQs in preparation of your move! Some examples are :**

- Getting an EAD (Employment Authorization Document) and Renewing an EAD
- Employment Insurance while in the US
- Employment Support for Spouses in the US
- Having a Baby in the US
- Returning to Canada

**Find out how this move will affect your children's education by contacting Children's Education Management. Expect things to be **different!****

**Attend a Virtual Q & A or orientation session with MFS Staff in the US dedicated to supporting you and learn about what to expect on your new adventure. [Link to Virtual](#)**

