

ARRIVE

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

Ok—you have arrived....now what??

Connect with your designated Military Family Services Staff in the US who are ready to help in any way they can.

Your CAF Member will have things to do as they settle into their work situation, but MFS is here to help you and your family get established.

Let the MFS Staff know if you need anything while you are getting sorted with your new house...

- Emergency/Respite Child Care Support Options
- Information about the new community
- Emergency contact numbers for Military and MFS
- Come for coffee with the MFS Staff or have them come to you—either live or virtually!
- Receive your welcome package if not already provided to you
- Information and Referral Services—ask us anything!

Read the MFS Family Guide which is full of information to help you make a smooth transition. Time to check into.....

- How MFS can help as you settle in
- 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

Here are particularly helpful sites — at the beginning

- www.CAFconnection.ca (MFS and PSP combined new website with info on all locations)
- www.mybaseguide.com (orientation to the base your member is located/attached to)

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](#)

