

Deployment and Families

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With Marines recently heading to the Persian Gulf, it is important to recognize that these deployments can have a tremendous effect on families.

That's why the Marine Corps provides MCCS One Source—a pre-paid resource that can help prepare and sustain you for deployment, including how to:

- Find local resources, especially for family members who do not live near a base.
- Establish and maintain an effective family care plan.
- Manage the details of running a household with one less person.
- Find new ways to adjust your budget and save money.
- Review child care and elder care arrangements and find backup, new, or temporary care if necessary.
- Cope with any feelings of stress and anxiety, and locate support groups to help deal with fear, loneliness, and other issues caused by separation.

**For more information about how MCCS One Source can help you, please call from the U.S. 800-433-6868
Overseas Universal Free Phone: 800-237-42374
Overseas Collect: 484-530-5908,
or go to:
www.mccsonesource.com (user id): marines (password): semper**

MCCS One Source is available at no cost to you. And best of all, it's here for you—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD also available.

