

Please Join Us for a Dynamic Group Discussion

Moving, Again!

Thursday, March 8, 2018, 8-9 p.m. ET

Wednesday, March 14, 2018, 2-3 p.m. ET

Facilitated by: John Mack, MSW

Military OneSource is pleased to offer dynamic group discussions where you can see, text and chat with licensed counselors and a small group of other service members and their families online.

Getting ready for a PCS or other move? Join our relocation expert and others just like you to discuss ways to manage the stress of relocating and learn practical tips to help you get ready for your move.

Register for either discussion no later than two days prior to the event:

[March 8th](#)

[March 14th](#)

About the facilitator

John Mack, MSW, is retired from the U.S. Navy, and currently works as a triage consultant with Military OneSource. John earned his bachelor's degree in religious studies through Saint Leo University and a master of social work degree from Norfolk State University. During his military career John and his family sponsored a number of military families during their relocation process, and he was a program coordinator for the overseas sponsorship and orientation program while stationed in Misawa, Japan. Since retiring from the military, John has worked with hundreds of relocating military families through the Fleet and Family Support Center and Army Community Service Center.

Please note

This event requires a device that will allow you to install the Zoom application ahead of time as well as access to a commercial internet server rather than a government server. For best results, please register using a personal email account.