

# Transition Services



Leaving the military and re-establishing in civilian life can be a major change for you and your family. Veterans Affairs Canada (VAC) is committed to working closely with the men and women of the Canadian Armed Forces (CAF) to help ensure their transition is a smooth one.

The first step in helping you prepare to leave the military is the transition interview. All releasing CAF members, both Regular Force and Reserve Force, are entitled to this valuable benefit. In addition to providing information on programs and services available to you and your family, the interview can help identify if you just need some help building a résumé or if you need help applying for one or more VAC benefits.

## Who qualifies for a transition interview?

You qualify for a transition interview if you are a serving member of the CAF and are planning to start or have already started your release process.

## How to apply

To request a transition interview, please visit the nearest VAC office or Integrated Personnel Support Centre (IPSC). To find one of these offices or to learn more about this and other benefits, visit us at [veterans.gc.ca](http://veterans.gc.ca) or call us at **1-866-522-2122**.

## Important information

- We encourage family members to attend the transition interview whenever possible, and we highly recommend taking it early in your release process.
- If you have already released, but feel a transition interview could be helpful, please contact us as we may be able to provide an interview to you.

For more information:  
**[veterans.gc.ca](http://veterans.gc.ca)**  
**1 866 522-2122**

This is one in a series of program fact sheets available through the Publications Hub on the VAC Website.



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