

Army Milestones Training Information

Each training table lists the following information:

- Title of CMT training
- Delivery Method:
 - Instructor-Led (ILT)
 - Counselor Checklist (CL)
- Time Estimate

Please Note: Time estimate is for Instructor-Led Training ONLY

Army Milestones		
	Delivery	Time Est.
Welcoming a New Child in the Army	ILT, CL	45 minutes
Disabling Sickness or Condition	ILT, CL	60 minutes
Entitlement to Continuation Pay	ILT, CL	30 minutes
Marriage in the Army	ILT, CL	45 minutes
Permanent Change of Station (PCS)	ILT, CL	30-45 minutes
Preparing for Divorce	ILT, CL	45 minutes
Post-Deployment	ILT, CL	60 minutes
Pre-Deployment	ILT, CL	60 minutes
Promotion	ILT, CL	30 minutes
Vesting in the Thrift Savings Plan	ILT, CL	30 minutes

Effective Date: 15 August 2023