Need to talk?

Helping you is our priority.

Child and youth behavioral military and family life counselors are here to listen and help you and your family cope with the challenges of military life. Child and youth behavioral military and family life counselors can help support your family on issues such as:

- School adjustment
- Deployment and separation
- Reunion adjustment
- Sibling and parent-child communication
- Behavioral concerns
- Fear, grief and loss

Non-medical counseling sessions are free and confidential* (no records kept). Available sessions include:

- After-hours and weekend appointments
- Group or off-site meetings
- Camps and summer youth programs

Call your local child and youth behavioral military and family life counselor to make an appointment.

Discover what the Military and Family Life Counseling Program offers at http://www.militaryonesource.mil/confidential-help/mflc.

Supporting military children and youth

*Exceptions to confidentiality include mandatory state, federal and military reporting requirements (including domestic violence, child abuse and duty-to-warn situations).