



Quality-of-life topics to help your military community thrive.

Explore the wide range of briefings and presentations from the Military and Family Life Counseling Program.

Military and Family Life Counselors are available for presentations that build skills and provide practical tips for service members and their families. Browse the categories and contact your local MFLC for more information.

Communication and relationships

- Adult Communication
- Building Strong Relationships
- Developing Skills for Connection

Health and wellness

- Adapting Health and Wellness
- Building Emotional Resilience
- Building a Healthy Work Environment

Career and education

- Finding Your Next Job
- Growth Through Education

For children

- Changes and Families - Child Focused
- Learning About Communication - Child Focused

Grief and loss

- Dealing with Crisis and Disaster
- Journey Through Grief and Loss

Parenting

- Collaborative Parenting
- Digital Parenting
- Family Life Cycle Embracing Change
- Helping Children Navigate Divorce
- Helping Children Thrive During Deployment

Other

- Diversity and Inclusion
- MFLC General Briefing

Contact your local Military and Family Life Counselor for more information

<https://www.militaryonesource.mil/resources/tools/mflc-locator/>.



U.S. Department of Defense



**MILITARY & FAMILY
LIFE COUNSELING**