

# **Military and Family Life Counseling Program**

## **Service Members and Families**



# What is the Military and Family Life Counseling Program?

- › Provides free, confidential non-medical counseling for service members, their families and survivors — personal records are not kept
- › Provides briefings and presentations
- › Augments existing military support services
- › Provides services on or off of military installations

# Who are military and family life counselors and what do they do?

- › Specialists who understand the challenges you face
- › Master's or doctorate-level licensed counselors
- › Work with families, individuals, couples and children
- › Work with existing military and family support programs and services



# Who is eligible for Military and Family Life Counseling services?

- › Active duty service members
- › National Guard members
- › Reserve members (regardless of activation status)
- › Department of Defense civilian expeditionary workforce members
- › Immediate family members or surviving family members of any of the above groups

Not sure? Contact Military OneSource at 800-342-9647 or visit your installation's Military and Family Support Center for more information.

# Adult military and family life counselors

## Life skills

- › Anger management
- › Communication
- › Relationship issues
- › Conflict resolution
- › Parenting
- › Decision-making skills



## Military life

- › Deployment stress
- › Coping skills
- › Homesickness
- › Relocation adjustment
- › Reintegration
- › Separation
- › Building resiliency
- › Sadness, grief and loss

# Child and youth behavioral military and family life counselors

Counselors are available to meet with military children and their families to discuss:

- › Self-esteem issues
- › Communication and relationships at home and school
- › Life skills, such as problem solving and adjustment
- › Behavioral issues, including bullying and anger management
- › Changes at home, such as deployment, reunion, divorce and grief



# Child and youth behavioral military and family life counselors

Need to get in touch?

Ask about child and youth behavioral counselors at the following locations:

- › Child development centers
- › Installation-based youth and teen centers
- › On and off installation public schools
- › Department of Defense Education Activity schools
- › Operation Purple camps

# On-demand support

You can also find military and family life counselors at events like:

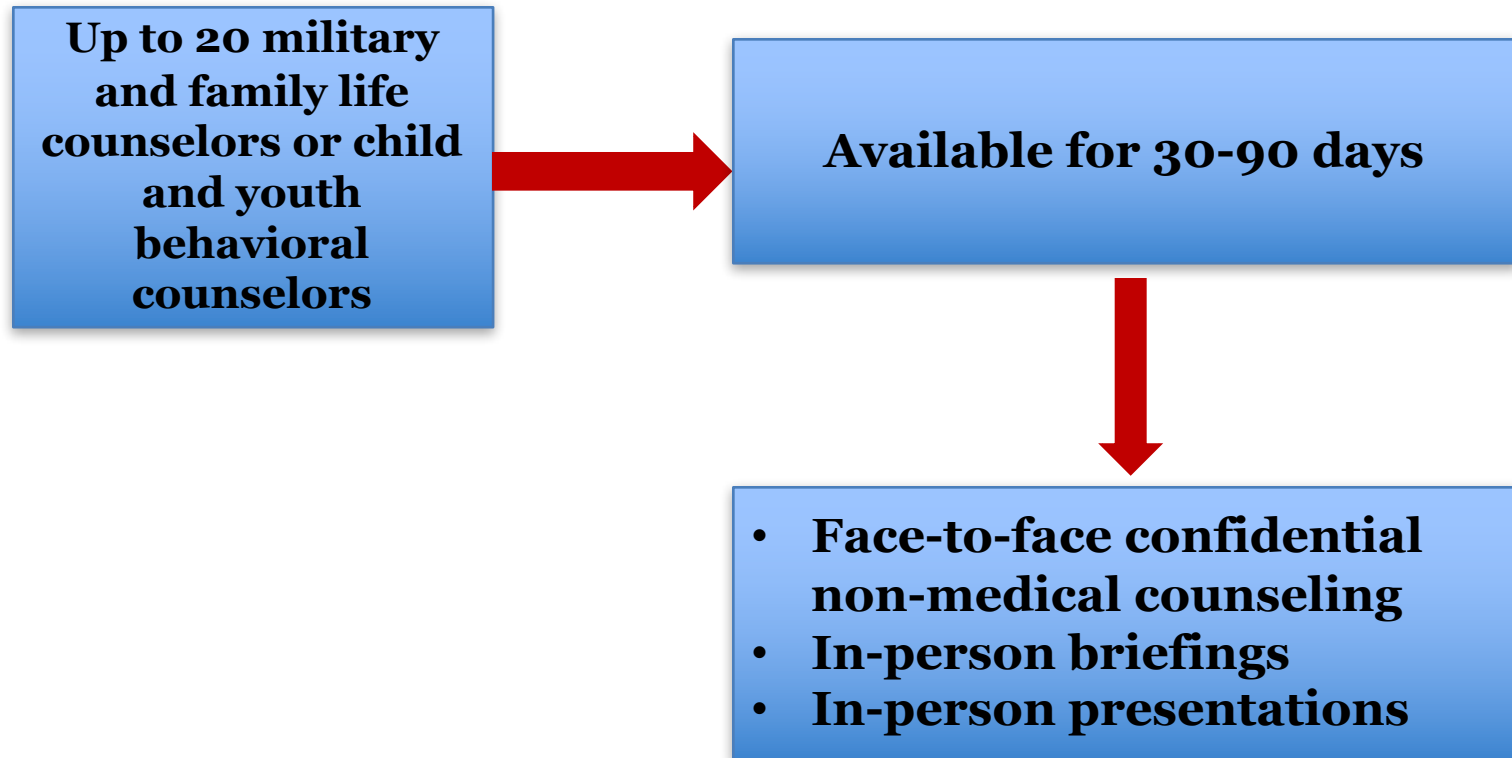
- › Yellow Ribbon Reintegration Programs
- › Drill weekends
- › Family events
- › Annual training
- › Marriage retreats
- › Youth camps





# Surge support

When deployment challenges, natural disasters or crises strike, you can count on military and family life counselors to be there when you need them most.



# How to access support

Don't wait for a crisis to arise — get the support you need today. Contact your installation's Military and Family Support Center to make an appointment with a military and family life counselor.

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Discover what the Military and Family Life Counseling Program has to offer at:

<http://www.militaryonesource.mil/confidential-help/mflc>.

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