MFLC

MILITARY AND FAMILY LIFE COUNSELOR PROGRAM

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Military & Family Life Counselor Program

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Military families face unique challenges. They may struggle with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed.

To support military families facing these or additional challenges, the MFLC program:

- Provides short-term, non-medical counseling services to service members and their families at no cost
- Provides psycho-education to help military service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to the military life
- Augments existing military support services
- Offers flexible service delivery
- Can provide services on or off of military installations
- Can provide services to individuals, couples, families and groups

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

ABOUT MILITARY AND FAMILY LIFE COUNSELORS

- Masters or Doctorate-level licensed counselors
- Work with families, individuals, couples and children
- Work with existing military and family support programs to complement services provided

NON-MEDICAL COUNSELING SERVICES

Life skills

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

Military lifestyle

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