



Confidential support on installations worldwide

The Military and Family Life Counseling Program provides free, confidential counseling to service members, their families and survivors on or near installations. Trained to work with the military community, military and family life counselors deliver valuable counseling services, briefings and presentations to the military community.

Adult military and family life counselors

Adult MFLCs provide confidential counseling to service members, spouses, military couples and non-remarried surviving spouses. They can help with deployment adjustments, stress management, issues related to PCS, relationships, problems at work, grieving and more. Counselors are located at installation Military and Family Support Centers or are embedded with military units to offer flexible support.

Counseling is also one-on-one, for couples or in group settings.

Please reach out to the Yokota M&FRC at DSN 225 8725 for MFLC contact information.