

MILITARY & FAMILY LIFE COUNSELORS



Need to talk? Military & Family Life Counselors (MFLC) are here to listen. They are available to help the community to address the following:

Deployment/Reintegration	Marriage and Relationships
Parenting, Sibling and Family	Communication Challenges
Stress and Anxiety	Life Skills Coaching
Grief and Loss	Daily Military Life Issues

Consultations are free and anonymous. No records kept.

Schedule an appointment. Call confidentially at 080-3603-5808 or 090-6481-6305.

Workshops are offered at Airman & Family Readiness Center (A&FRC) like Packing Your Relationship, Can You Hear Me (Lunch and Learn). Call A&FRC at DSN (315) 225-8725; COMM: 042-507-6548