

# NEED TO TALK?



Available to all military branches

## Video Teleconferencing Services Now Available!

Military & Family Life Counselors (MFLCs) are here to listen now more than ever. In response to the COVID-19 pandemic, MFLCs can now offer video teleconferencing services to help Service Members, spouses, children and staff address:

- » Deployment and reintegration issues
- » Marriage and relationship issues
- » Parenting and family issues
- » Communication challenges
- » Stress and anxiety
- » Sadness, grief and loss
- » Daily life issues



## Helping You Is Our Priority



Consultations and trainings are free and anonymous.\* No records are kept. The MFLC Program is intended for all Services, Guard and Reserve components.

After-hours and weekend appointments are available. Group or off-site meetings can be arranged.



## Scheduling an appointment is easy

Just call your MFLC.

Your contact is: \_\_\_\_\_

Ph. #: \_\_\_\_\_

(03/2020) \* Exceptions to confidentiality include duty-to-warn cases, such as child abuse/neglect, domestic violence, harm to self or others or present/future illegal activity.