

# 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.

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