

MILITARY & FAMILY LIFE COUNSELORS (MFLCs)

MILITARY AND FAMILY LIFE COUNSELORS (MFLCS) Free, Confidential Support for Marines and their Families

SHORT-TERM, NON-MEDICAL COUNSELING IS AVAILABLE FOR

- Stress and anxiety
- Relationship concerns
- Adjustment to military life
- Deployment and reintegration
- Parenting and family transitions

SUPPORT IS AVAILABLE THROUGH

- Individual sessions
- Couples counseling
- Group presentations

ACCESSING SERVICES ON INSTALLATION

Contact your unit for support

MARINE RECRUITERS IN REMOTE AREAS

Use this [MFLC locator](#) to find contact information for your nearest military and family life counselor. Select a country, enter a specific installation or state and click GO!

CONFIDENTIAL. NO RECORDS. ALWAYS FREE.

SUPPORT IN SCHOOLS: CHILD & YOUTH BEHAVIORAL MFLCs Child & Youth Behavioral MFLCs help military-connected students navigate challenges

SERVICES OFFERED

- One-on-one counseling
- Parent and teacher consultations
- Group sessions on:
 - » Feelings and emotions
 - » Bullying and conflict resolution
 - » Self-esteem and anger management
 - » Family changes
 - » Time management and problem-solving
 - » Food insecurity support

SUPPORT IS AVAILABLE FOR COMMON CHALLENGES

- Deployment and reunification
- Frequent moves and transitions
- School stress or peer issues

DISTINCTION

Child & Youth Behavioral MFLCs are distinct from school counselors, and their services are aimed at improving the social, emotional, and behavioral well-being of military children.

Want to Connect with a School-Based MFLC?

Contact the school's administration, guidance office, or use this [MFLC locator](#).