



## **Military Family Life Consultant**

*(717)205-9048 or Army Community Service at 717 245-4357*

*Army Community Service Office, Building 632, Wright Avenue*

*Hours of Operation: Monday - Friday 0800-1600*

### ***Need To Talk To Someone?***

**Military and Family Life Consultants (MFLC)** provide solution-oriented consultations to individuals, couples, families, and groups.

The Military and Family Life Consultant (MFLC) Program is designed to provide support and assistance to active duty Soldiers, National Guard & Reserves, military Family Members and civilian personnel. Military and Family Life Consultants can help people who are having trouble coping with concerns and issues of daily life.

#### **Some Examples of Issues Include:**

- Adjustment/Transition
- Stress
- Marital/couples
- Anxiety/Sadness
- Deployment Cycle Issues
- Communication
- Aggression
- Work, parenting
- Grief/loss

#### **MFLC Solutions:**

- Flexible appointment times
- Flexible meeting locations
- \*Confidential
- No Records Kept
- FREE

*\*Duty to warn does apply in cases of threat to self, others, and any reportable abuse issues.*

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