



# MILITARY & FAMILY LIFE COUNSELING

## CHILD AND YOUTH BEHAVIORAL COUNSELORS

### Resources for Service Providers and Leaders

Military and Family Life Counseling services are available on and off installations. Counselors offer non-medical counseling support to help service members and their families build skills and resilience.

Military service providers and leaders can request MFLC support at:

<https://supportrequest.militaryonesource.mil>.

Get more information about MFLC and other helpful programs from Military OneSource.

Call or live chat any time.

800-342-9647 | [www.militaryonesource.mil](http://www.militaryonesource.mil)



**MILITARY**  
**ONE****SOURCE**

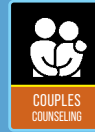


**FOR WHEREVER YOU ARE IN LIFE**

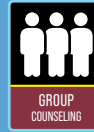
# SUPPORT FOR MILITARY CHILDREN



ONE-ON-ONE  
COUNSELING



COUPLES  
COUNSELING



GROUP  
COUNSELING



CHILD & YOUTH  
COUNSELING



BRIEFINGS &  
PRESENTATIONS

## **The Military and Family Life Counseling Program helps military families and children navigate challenges with free face-to-face support.**

Child and youth behavioral military and family life counselors, or CYB-MFLCs, provide confidential non-medical counseling services to children and youth up to age 18 in groups and individually. They also offer support to families, staff and support personnel. Working with a counselor can help improve behavior, performance in school and relationships.

### **CYB-MFLCs are master's or doctorate-level licensed counselors who may:**

- Provide consultation support to parents and caregivers, childcare providers, teachers and administrators on the healthy development of children and youth
- Model evidence-based intervention approaches
- Assist educators with strategies for cultivating a deeper understanding of the factors that shape social-emotional development
- Conduct classroom observations

Services are private and confidential except in situations that involve domestic violence, child abuse, sexual assault or otherwise necessitate a duty to warn.

## **CYB-MFLCs provide support on topics including, but not limited to:**

Feelings identification

- Bullying
- Self-esteem
- Separation from parents
- Problem solving
- Sibling and parent relationships
- Time management
- Deployment and reunification
- Divorce

**Learn more by visiting or calling your installation's Military and Family Support Center.**