

Making Friends in a Socially Distanced World

Your Military and Family Life counselor can help with:

- Identifying relationship expectations
- Tips and tricks for making and building relationships
- Communication skills to help you listen and connect with others

Free and confidential non-medical counseling is available to service members, Department of defense expeditionary civilians, their families and survivors.

MFLC: _____

Phone: _____



**MILITARY & FAMILY
LIFE COUNSELING**