

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.

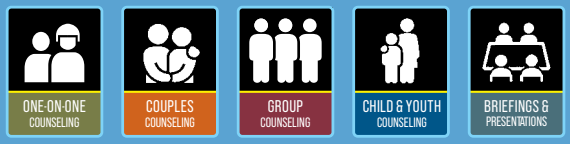
Military service providers and leaders can request MFLC support at: **https://supportrequest.militaryonesource.mil**.

Get more information about MFLC and other helpful programs from Military OneSource. Call or live chat any time.
800-342-9647 | www.militaryonesource.mil

MILITARY ONESOURCE

FOR WHEREVER YOU ARE IN LIFE

SUPPORT FOR MILITARY CHILDREN



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.