

NEED TO TALK?

Military & Family Life Counselors (MFLCs) are here to listen.

MFLCs are available to help **Service Members, spouses, and children** address:

- Deployment & reintegration
- Marriage & relationships
- Parenting & family issues
- Communication challenges
- Stress & anxiety
- Sadness, grief and loss
- Daily life issues

Consultations and trainings are free and anonymous.*
No records are kept.

**Exceptions to confidentiality include duty-to-warn cases, such as child abuse, domestic violence, or self-harm.*



HELPING YOU IS OUR PRIORITY

After-hours and weekend appointments are available. Group or off-site meetings can be arranged.

SCHEDULING AN APPOINTMENT IS EASY

Call your local MFLC:

Alconbury Elementary:
07384 964870

Alconbury Middle High:
07385 137063

Child Development Center:
07384 887954

RAF Molesworth:
07342 870880

RAF Alconbury:
07880 640139

