

Resources for Families

Military & Family Life Counselors

Military & Family Life Counselors (MFLCs) are experienced behavioral health professionals assigned to installations, embedded in units, schools, and Child Development and Youth Centers, MFLCs augment and work in collaboration with other Marine Corps Behavioral Health programs. MFLCs act as touchpoints for Marines and families who may need assistance.

Need to Talk?

Military & Family Life Counselors are here to listen, and are available to help service members, spouses, family members, children and staff address:

- Deployment/Reintegration Issues
- Marriage and Relationship Issues
- Parenting/Sibling & Family Issues
- Communication Challenges
- Transition Issues
- Improve Coping and Resilience
- Stress
- Decision-making
- Grief and Loss
- Daily Life Issues
- Emotional Well-being

Counseling, consultation and training is **free** and **confidential**. **No records are kept.**

Helping You Is Our Priority

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

7 Things To Know About MFLC

1. All MFLCs are licensed professional mental health counselors (LCSW, LPC, LMFT, etc.) who provide non-medical solution-focused "counseling" (no longer called "consultation") to military personnel and their families. MFLCs assist people to explore alternate solutions to current daily life stressors.
2. MFLCs are considered an augmentation, not a replacement, for existing family support services.
3. MFLCs do not keep records. Anything shared with an MFLC is confidential unless it is a Duty to Warn situation, as the MFLC is a mandated reporter and not a restricted reporter. Duty to Warn is when someone tells an MFLC they want to cause harm to self or others include suicidal thought or intent, a desire to harm oneself, domestic violence, child abuse or neglect, violence against any person, and any present or future illegal activity.
4. MFLCs maintain contact with Marines/Sailors (and their families) through their confidential cell phones and face-to-face communications.
5. The MFLCs' work day is flexible; however, it is a 40 hour work week. This provides the MFLCs the opportunity to meet with people prior to work, after work, and to support those who work a shift schedule. Additionally, it enables the MFLCs to provide support at base or command events and to facilitate workshops or other groups.
6. MFLCs are embedded in units and also have the flexibility to meet at various locations on or off site, never in a person's home or vehicle.
7. People can meet with the MFLC for up to 12 sessions.

Contact Information

Military & Family Life Counselors

MCAS New River: [\(910\) 915-3888](tel:9109153888)

Camp Johnson: [\(910\) 338-8030](tel:9103388030) / [\(910\) 444-9167](tel:9104449167)

Camp Geiger: [\(843\) 799-8970](tel:8437998970)

MCB Camp Lejeune: [\(910\) 260-7736](tel:9102607736)



Family Advocacy Program



The Family Advocacy Program (FAP) works to prevent domestic violence by offering resources, education, support, and intervention. FAP provides counseling, case management and victim advocacy services to military families dealing with

situations of domestic abuse in order to ensure safety for all individuals and to promote healthy relationships. Through collaboration with military treatment facilities, community services, and commands, FAP supports service members and their families and provides individual, child, couples, and family therapy.

Contact Information

Family Advocacy Program

[Bldg. LCH 4007](#)
[Corner of Butler Dr. S and 4th St.](#)
[Midway Park, NC](#)

Phone: (910) 449-9563

24/7 Helpline: (910) 376-5675

Helping Your Child Cope/Heal



Trauma Focused Cognitive Behavioral Therapy for Children and Adolescents

Give your children the coping skills necessary to address symptoms resulting from a traumatic experience. An evidence-based psychotherapy model for children experiencing significant emotional and behavioral difficulties related to traumatic life events.

S.T.O.P.



Skills, Techniques, Options and Plans for Better Relationships

- Groups are available for men and for women.
- Discover how abusive patterns in your relationship began.
- Develop new ways of dealing with beliefs and emotions.

Parent-Child Interaction Therapy (PCIT)



PCIT uses a concrete, skills-based approach to teach parents and children new and appropriate ways to relate. In each session, the parent and child play together as a PCIT therapist coaches the parent on appropriate interactions.

Surviving to Thriving



A Women's Support Group

This eight-week open group is provided in a safe, confidential environment. The goal is to educate participants about domestic violence, effects on children, self-esteem, reclaiming dreams, and more!

Child in Between



This is a co-parenting workshop for parents going through a break-up, separation, or divorce. It helps parents by teaching and reinforcing respectful communication skills and emotion control, allowing them to make better choices - with their children and former partner.

Prevention & Education

Contact Information

Prevention & Education

Bldg. LCH 4007
Corner of Butler Dr. S and 4th St.
Midway Park, NC

Phone: (910) 451-6060

Contact Information

Helplines

Military OneSource Confidential Help: (800) 342-9647

www.MilitaryOneSource.mil

Veterans Crisis Line (Press 1): (800) 273-8255

Free, 24/7, confidential support is a call away. The Veterans Crisis Line can help even if you're not enrolled in VA benefits or health care.

24/7 Sexual Assault Support Line: (910) 750-5852

DoD SAFE: (877) 995-5247



<https://www.veteranscrisisline.net/>

or Text 838255

988 SUICIDE & CRISIS
LIFELINE

There is hope.



Talk with us.



**If you or someone you know needs
support now, call or text 988
or chat [988lifeline.org](https://www.988lifeline.org)**

Community Counseling

Contact Information

MCB Camp Lejeune Community Counseling

[Bldg. LCH 4007, \(Corner of Butler Dr. S and 4th Street\)
Midway Park](#)

Phone: [\(910\) 451-2864](tel:(910)451-2864)

Contact Information

MCAS New River Community Counseling

[Bldg AS-90, Curtis Rd.
MCAS New River](#)

Phone: [\(910\) 449-6110](tel:(910)449-6110)

Community Counseling Program

Using an integrated community health approach, the Community Counseling Program (CCP) equips Marines and families with the skills to address life's challenges before there is significant impact to performance in their duties and relationships. We offer non-medical counseling to Active Duty Service Members, Retirees, and their families which typically occurs over 8-12 sessions. All counselors are experienced working with service members and military families. They are licensed and credentialed to practice mental health counseling within the USMC.

There is no referral needed and services are free. Those seeking a routine appointment may call the front desk to schedule an appointment. If you feel your matter is urgent, you may walk-in and request to see a clinician for a safety assessment. Commands who are in need of a psychological first aid response team, following a death or tragedy, may contact our office.

Our counselors will listen to your concerns, assess your needs and work with you to develop goals for your counseling sessions. Counseling can increase self-confidence, improve family communication, improve your well-being and overall mission readiness. Our team members are subject matter experts and can offer counseling designed to meet your specific needs.

Counseling Programs & Groups



Couples Resiliency

In this small classroom setting, couples will learn about healthy communication, increasing intimacy, connecting with each other, how to control emotions and discover valuable relationships skills that will enhance their relationship. Let the Community Counseling Center prepare workshop

that is tailored to your unit's needs. With the help of MCCS Behavioral Health programs and Chaplains, you'll receive a multi-dimensional approach to improving relationships. Couples must attend together.



Yoga for Mindfulness

Our goal is to help you cultivate a balanced mindset. You will learn techniques for deep breathing, self-soothing, and developing a deeper connection to and understanding of yourself. Open to active duty or their dependents, retirees, and adults 18 and up.

[Deep Breathing Tips](#)



Empowered Women Empower Women

Empowered Women, Empower Women (Seeking Safety Curriculum) encourages women to create connection and support amongst themselves and honor the strength and resiliency of women. The group focuses on self-care and self-love, healthy self-talk, creating healthy boundaries, creating meaning in their personal lives, and increasing healthy communication. In this confidential closed women's group, we will educate,

enhance and have clients make connections within their female community.

Call our office to schedule an assessment.



Grounding Your Mindset (G.Y.M.)

The G.Y.M.: Grounding Your Mindset (seeking safety curriculum) focuses on building and strengthening resiliency. The group looks to encourage growth, confidence, assertiveness skills, coping skills, boundary setting, and holding strong healthy relationships. The G.Y.M strives to build an overall healthy mindset to be applied in all realms of one's work environment, personal life, and community. This closed confidential men's group is open to service members and dependents that will meet weekly with a clinically licensed professional.

[Tips for Grounding](#)



Improve Your Sleep

The sleep enhancement class is designed to teach individuals sleep hygiene guidelines to develop habits that promote healthy patterns of

sleep. This class will also explore attitudes and beliefs that might hinder sleep as well as techniques to overcome negative thoughts and promote positive attitudes and beliefs about sleep. Participants will also have an opportunity to engage in relaxation exercises to relax the mind and body.

Ask about the availability of virtual trainings.

Tips for Improving Sleep



ACT Through ADSEP

This process group consists of 4 weekly group therapy sessions and is for service members currently going through the administrative separation process. The overall goal of ACT through ADSEP is to assist service members in making value-directed choices during their transition to civilian life. Ask about the availability of virtual trainings.

Leaders may call the Community Counseling Center to request a workshop.

Humana Military Appointment:

<https://www.telemetry.com/humana-military-request-appointment>

<https://www.telemetry.com/>

Therapists and prescribers are given the flexibility and support they need, they can deliver the best possible care to their clients and patients. Choose your own hours and adjust them as needed.

17 August 2023