

MFLC: NON-MEDICAL COUNSELING SERVICES

LIFE SKILLS

• Anger Management	• Conflict resolution
• Communication	• Parenting
• Relationship Issues	• Decision-making skills
• Productivity at work	

MILITARY LIFESTYLE ISSUES

• Deployment stress	• Homesickness
• Coping skills	• Separation
• Relocation adjustments	• Building resiliency
• Sadness, grief, and loss	• Reintegration: Warrior to citizen