



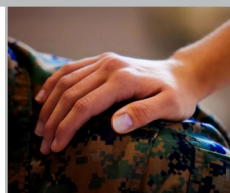
EVERYDAY SUPPORT FOR EVERYDAY LIFE

SUPPORT FOR MARINES & FAMILIES

Community Counseling Program (CCP) and Military and Family Life Counselors (MFLCs) provide free, confidential, non-medical support to help Marines and their families navigate everyday challenges, strengthen relationships, and build skills for managing stress and change.

CCP COUNSELORS AND MFLCs HELP WITH

- Stress and coping
- Deployment and reintegration
- Relationships and communication
- Life transitions and adjustment



SERVICES MAY INCLUDE

- Short-term individual counseling
- Couples counseling
- Group sessions and presentations



Need support?
Contact your local **CCP** or connect with an **MFLC**.



SUPPORT FOR CHILDREN & YOUTH

Child & Youth Behavioral MFLCs are part of the MFLC network, providing confidential, non-medical support specifically for military children and youth.

They help children and youth navigate challenges.

TOPICS OF SUPPORT MAY INCLUDE

- School and Friendships
 - ▶ Problem-solving
 - ▶ Decision-making
 - ▶ Bullying
 - ▶ Time management
- Family & Home
 - ▶ Deployments
 - ▶ PCS moves
 - ▶ Sibling stress
 - ▶ Divorce
 - ▶ Family changes
 - ▶ Food insecurity
- Big Emotions
 - ▶ Expressing feelings
 - ▶ Managing anger
 - ▶ Self-esteem
 - ▶ Self-confidence
 - ▶ Resolving conflicts



A Trusted Resource for Military Youth

Child & Youth Behavioral MFLCs are independent from school staff and focus on supporting children's social, emotional, and behavioral well-being.

If your child's school has an MFLC, contact the counselor directly, or reach out through the school office or your local **school liaison**.