







Providing help with the stress of military life.

## **NEED TO TALK? CALL AN MFLC!**

With the exception of child abuse, domestic abuse and duty to warn situations services are private and confidential.

In order to support military families facing unique challenges, we provide short-term, non-medical counseling to service members and their families at no cost. We help with communication challenges, conflict resolution, relationship issues, coping skills, deployment stress, separation, building resiliency, sadness, grief, loss, reintegration,

**Baumholder** 0152-3652-2147 0152-2617-9751 0162-543-8772

Kleber 0175-792-3332

Landstuhl 0152-2479-2650

Panzer, Daenner 0170-369-3292

**Rhine Ordnance Barracks** 0175-601-1985

Sembach, Pulaski 0152-2366-2124



and more.

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