

Focus on Deployment



Your Military and Family Life counselor can help :

- What to expect during deployment
- Positive aspects of deployment
- Possible stress associated with deployment
- Effects of stress
- How to cope with the stress of having a deployed parent
- Children's responses to reintegration and how to respond and re-build connection

Free and confidential non-medical counseling is available to service members, Department of defense expeditionary civilians, their families and survivors.

MFLC: _____

Phone: _____



**MILITARY & FAMILY
LIFE COUNSELING**