



**DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS AIR FORCE PERSONNEL CENTER  
JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS**

## **Personal and Work Life**

The Airman & Family Readiness Center Personal and Work Life Consultant provides assessment, intervention, referral, enrichment, and skill building to assist Airmen and their families. The activities are educational in nature, offered in group or individual settings. Topics can include interpersonal communication skills, relationship building, maintaining long-distance relationships (during deployment and other separations), marriage preparation, positive parenting, eldercare, time management, and team building.

### **MILITARY AND FAMILY LIFE COUNSELORS**

Military Family Life Counselors provide non-medical counseling addressing life skills such as anger management, conflict resolution, parenting, parent and child communication, relationship issues, and marriage enrichment; the military lifestyle, including deployment stress, reintegration, relocation adjustment, separation, coping skills, homesickness, and loss and grief. MFLC's possess a master's degree or Ph.D. and are located in Airman & Family Readiness Centers. Child and Youth Behavioral Military and Family Life Counselors are available to address deployment related stressors in children and are available through the Child Development, School Age and Teen Centers.

This non-medical support is aimed at preventing the development or exacerbation of mental health conditions that may detract from military and family readiness. With the exception of mandatory state, federal and military reporting requirements (domestic violence, child abuse, and duty to warn situations), counseling is private and confidential.

### **NON-MEDICAL COUNSELING**

Non-medical counseling is available through the Military and Family Life Consultant program Military One Source.

Military Family Life Consultants provide non-medical counseling addressing life skills such as anger management, conflict resolution, parenting, parent and child communication, relationship issues, and marriage enrichment; the military lifestyle, including deployment stress, reintegration, relocation adjustment, separation, coping skills, homesickness, and loss and grief. MFLC's possess a master's degree or Ph.D. and are located in Airman & Family Readiness Centers. Child and Youth Behavioral Military and Family Life Consultants are available to address deployment related stressors in children and are available through the Child Development, School Age and Teen Centers.

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With the exception of mandatory state, federal and military reporting requirements (domestic violence, child abuse, and duty to warn situations), counseling is private and confidential.

Military One Source Counseling offers non-medical counseling face-to-face, over the telephone at 800-342-9647, or online.

### **ADDITIONAL RESOURCES**

[National Military Family Association](#)

[Military Family Learning Network](#)