

MILITARY & FAMILY LIFE COUNSELING (MFLC)

SUPPORTING CHILDREN. STRENGTHENING FAMILIES.

Confidential * Free * Available at School & Youth Programs

How Child and Youth Behavioral (CYB) MFLCs Help our Military Kids

- ✓ Helps children manage stress, anxiety, and big emotions
- ✓ Supports transitions, deployments, and family changes
- ✓ Builds confidence, coping skills, and resilience
- ✓ Provides a safe adult to talk to at school



QUICK ACCESS (NO RED TAPE)

- ✓ No referral required
- ✓ No cost to student and families
- ✓ Flexible scheduling during the school day and at SACs and Youth Centers
- ✓ Available where kids already are

Parental Permission Required for Ongoing Individual Support

What Support Looks Like

- Youth Center & SAC Engagement
- One-on-one conversations
- Small groups and classroom support
- Lunch / recess check-ins
- Parent & staff education resources (Contact School Liaison Officer (SLO) for Topics)

Immediate touchpoints for children who may not seek help in formal settings (Permission Form Required)

CYB-MFLC Communication Confidentiality

Your child's privacy matters. Conversations are confidential unless there is a safety concern. If leaving a voice mail, provide:

- First name only
- Phone number to return call to
- No sensitive details.

Need More Info? Find your MFLC

Information provided by Fort Carson ACS
& CYS for reference only



When To Reach Out

- You want to support social and academic success
- They seem overwhelmed or withdrawn
- They want to build trust through a confidential, approachable support
- You're navigating a deployment or transition
- They just need someone neutral to talk to
- You want to build better coping skills

What MFLCs Cannot Do

- Do not diagnose or provide medical treatment
- Do not replace Behavioral Health or FAP
- Do not share private conversations (with few safety exceptions)

For Schools

- Individual, classroom and group support
- Staff and parent trainings
- Surge support (up to 90 days)
- Support available even without assigned MFLC



School Liaison Officer (SLO)

520-853-3045 | 520-717-2227