

Quality of Life Presentations from Military and Family Life Counselors

Explore our MFLC presentation library for a wide range of topics to help your military community thrive.

Communication & Relationships

- Adult Relationships: Communication
- Building Strong Relationships
- Developing Skills for Connection
- Learning About Communication
- Navigating Parent-Child Conflict
- The Power of Connection: Enhancing the Parent-Child Relationship
- Trust: In the Workplace and in Friendships

Parenting & Family Dynamics

- ACCESSing Digital Parenting
- Changes & Families: Child Focused
- Child Focused: Helping Children Thrive Through Deployment Cycles
- Collaborative Parenting
- Family Life Cycle: Embracing Change
- Helping Children With Parental Separation and Divorce
- Helping Kids Cope With Retirement & Separation
- Navigating Divorce
- No More Bullying

Transitions & Military Life

- A Service Member's Journey Through Retirement and Separation
- Military Life: Managing Relationships During the Deployment Cycle
- Military-Related Transitions for Children
- Staying Connected During Change
- Thriving During Transitions
- Transition to Civilian Life
- Unique Challenges and Experiences of National Guard and Reserve Families

Resilience, Wellness & Mental Health

- Adapting Health and Wellness
- Building Emotional Resilience
- Dealing with Crisis and Disaster
- Journey Through Grief and Loss
- Promoting Resilience in Military Life
- Resiliency During Uncertainty

Work, Life & Career Development

- Building Healthy Work Environments
- Finding Your Next Job: Steps for Success
- Growth Through Education
- Preparing for Physical Fitness Assessments
- Work-Life Balance

Financial, Legal & Practical Resources

- Financial Management: Money Matters
- Home Sweet Home: Housing Support and Resources
- Legal and Criminal Issues

Program/Informational

- MFLC Program Briefing

Contact your local military and family life counselor for more information:
<https://www.militaryonesource.mil/resources/tools/mflc-locator/>



U.S. Department of War



**MILITARY & FAMILY
LIFE COUNSELING**