

# RESILIENT JBLM

## SUPPORT FOR OUR MILITARY COMMUNITY



### DIRECTORATE OF PERSONNEL & FAMILY READINESS (DPFR)

#### FAMILY ADVOCACY PROGRAM

253-967-5901

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Provides prevention & education classes, including workshops to strengthen family relationships using education, information & referral.*

#### NEW PARENT SUPPORT PROGRAM

253-967-5890 / 5950

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Community based parenting support and education program which assists both expectant parents and Families with children under the age of 4 years old.*

#### EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

253-966-7166

9059 Gardner Loop (SFAC) - JBLM Main

*Systems navigation, assisting with individual education plan (IEP), 504 plans, respite care & non-clinical case management.*

#### FINANCIAL READINESS PROGRAM

253-967-1453

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Prevention education, one-on-one counseling sessions & support services. For Army Emergency Relief, contact 253-967-9852, for Air Force Aid Society, call 253-982-2695.*

#### EMPLOYEE ASSISTANCE PROGRAM

253-732-2214

Bldg. 2008-B, North 3rd St. - JBLM Main

*Free, confidential information, referral and counseling services for DACS, Retirees and Family members.*

#### RISK REDUCTION PROGRAM

253-967-4530 / 9837

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Suicide prevention & intervention training, unit briefings, unit consultations & resources, alcohol & drug prevention classes and outreach.*

#### VICTIM ADVOCATE PROGRAM

**JBLM SAFELINE (24/7) : 253-966-SAFE (7233)**

**Services Offered Throughout JBLM**

*Assists with crisis intervention, legal advocacy referrals, medical advocacy, and information & referral.*

#### SEXUAL HARASSMENT/ASSAULT RESPONSE AND PREVENTION (SHARP)

**253-327-3872 · SHARP HOTLINE (24/7): 253-389-8469**

2140 Liggett Ave. (Waller Hall) - JBLM Main

*Support for victims for sexual abuse and harassment. For Air Force personnel, contact SAPR in Bldg. 100 (Ste. 3024) at 253-982-7272.*

### ADDITIONAL RESOURCES

#### MILITARY & FAMILY LIFE COUNSELORS (MFLC)

253-293-2223 OR 253-293-2266

**Services Offered Throughout JBLM**

*Short term, solution focused behavioral health for adults. If a female MFLC is preferred, please call 253-293-6214.*

#### CHAPLAIN FAMILY LIFE CENTER

253-967-1723

Bldg. 9120, Jackson Ave. (4CMC) - JBLM Main

*Individual & marriage counseling deployment counseling, parenting, divorce & spiritual issues.*

#### FAMILIES OVERCOMING UNDER STRESS (FOCUS)

253-966-6390

Bldg. 2013-B, North 3rd St. - JBLM Main

*Family communication skill building. Resiliency training for Families, children & couples. Skill building groups, workshops, and consultations.*

#### MILITARY ONE SOURCE

800-342-9647

**Phone, Virtual & Face-to-Face Services**

*Confidential Service to Military Personnel. Non-medical counseling & specialty consultations. Services include Family & relationships, financial, legal, health & wellness, deployment & transition counseling.*