

Need Immediate Assistance?

If you're faced with an emergency after duty hours you can reach the Staff Duty Chaplain through the Joint Base Operations Center (JBOC) at

(253) 967-0015



JBLM Chaplain Family Life Center

Specializing in Family, Marital, and Individual Counseling



Located in the Four Chaplain's Memorial Chapel BLDG 9120
On the Corner of Jackson Ave and Transmission Line Rd

Currently due to COVID-19 The CFLC is offering both Personal and Virtual Counseling for Individuals, Couples, and Families. Please call **(253) 967-1723** or send and email **roger.b.osborn2.mil@mail.mil** to make an appointment



Professional and Confidential Counseling

The Chaplain Family Life Center (CFLC) is a professional counseling center that can provide absolute confidentiality under AR 165-1 and MRE503.

Eligibility

All Active Duty Military, Retirees, Family Members and DOD Civilians.

Appointments

All of our personal, telephonic, or online sessions are by appointment. Please call (253) 967-1723 or email roger.b.osborn2.mil@mail.mil

Sessions

Sessions are on average 50 minutes long. During the current COVID-19 outbreak virtual counseling is also available.

Comfortable Environment

The counseling environment throughout the CFLC is a professional, warm and welcoming place.



Facilities

Our facility is located at the end of Four Chaplain Memorial Chapel, but has its own entrance and separate space.



Professional Counselors

All counselors at the CFLC are college trained at the Masters Degree level. They have special training in individual, family and crisis intervention.

We partner with local universities to develop the best counselors for JBLM and the surrounding community.

Available Services

- Affair/Divorce Recovery
- Grief Work
- Premarital Counseling
- Stress Management
- Reintegration
- Parenting Skills
- Blended Families
- Financial Stress
- Faith Integration
- Communication
- Sexual Addiction and Pornography

Therapeutic Methods

- Emotionally Focused Therapy (EFT)
- Solution Focused Therapy (SBFT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Behavioral Therapy (CBT)
- Play therapy