## Areas of Counseling

- Addictions
- Anger & Stress
- Communication
- Depression
- Divorce
- Grief/Loss
- Relationship (Couples)
- Trauma (including PTSD)
- Parenting
- Personal Growth
- Pre-Marital
- Spiritual

### LOCATION





Building 340 14130 3rd Street Fort Leonard Wood, MO 65473 573-596-2695

\*Behind the Hospital

## Fort Leonard Wood Chaplain Family Life Center



Free 100% Confidential Counseling Marriage —Individual—Family Children—Pre-Marital—Life/Stress Trauma/PTSD—Addictions

Military ID Card Holders & Dependents (Including Reserve/Guard), DA Civilians

# (573) 596-2695

### What to expect...

When you first call or visit us we will ask for some basic information (contact info, reason(s) for counseling). Within two duty days a counselor will return your call to schedule an appointment.

At your first appointment you will complete some simple paperwork and then meet with your counselor. This initial session is dedicated to helping you get to know one another.

There is <u>no limit</u> to the number of sessions you can have with your counselor. Each session generally lasts 50 minutes, and sessions continue until <u>your</u> goals are met.

Couples wishing to meet <u>individually</u> for counseling (in addition to relationship counseling) may do so. Each partner will usually work with a different counselor (if available).

All communication with the FLWFLC is 100% confidential with no exceptions. This includes all paperwork which is kept securely locked and never removed from the facility.

This confidentiality belongs to **you**, the client, and may only be released **by you**.

Some official stuff ...

Confidentiality is in compliance with the Chief of Chaplains Policy for Confidential and Privileged Communications (AR 165-1 paragraph 16-2)

Collection of information from clients is covered by the Privacy Act (10 USC 3012).

### Who we are...

We are a close-knit team of teams who are selfless servants, trusted, disciplined, proud, innovative, and trained to execute our mission in any environment.

The mission of the Fort Leonard Wood CFLC is to bring healing, hope, and wholeness to individuals and couples in an absolutely confidential setting. We do this by providing spiritually grounded and psychologically informed counseling. We are here to walk through the healing process with you and/ or your family members.



## How to schedule an appointment

Call the Family Life Chaplain for an appointment at (573) 596-2695 or

Walk in at the Chaplain Family Life Center Bldg. 340 (see map).

Counseling may involve a single session or multiple sessions, depending on your needs and goals.

