

# Back to School Transition Group

## Life in Balance: Relaxation and Stress Relief

The Military and Family Life Counseling Program is here for you during the coronavirus disease pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

### Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

### What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Explore what is work/life balance?
- Identify your stressors
- Signs and symptoms of stress
- Stress management strategies
- Stress reduction
- Relaxation skills

### Schedule an appointment or group with a Military and Family Life Counselor:

Your point of contact: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Call Military OneSource anytime, 24/7 at 800-342-9647  
or visit [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).**

