

How May We Help You?

The Fort Sam Houston Chaplain Family Life Center is all about help — getting *you* the help you need for *your* particular journey. Join the thousands of others that have taken advantage of our care and expertise in the following areas. We look forward to serving you.

Seminars

◆ Saving Your Marriage Before It Starts

For all couples planning to be married, newly married, or those in need of some coaching. This interactive seminar is held monthly. Topics include: what makes a marriage last, communication, in-laws, intimacy, and finances. Call the Chaplain Family Life Center for the next scheduled date.

◆ Parenting

Want to get children to mind without losing yours? This special session for parents will re-energize you with skills in disciplining, setting boundaries and building self-esteem. Call for the next scheduled date.

◆ Children in the Middle

This co-parenting class helps parents meet the needs of children growing up between two homes. Topics include: Working with the Other Household, Conflict Disengagement, Children's Stages of Development, Children's Grief, Alienating Behaviors and Co-parenting Vocabulary. This class meets Texas guidelines for a co-parenting class. Call for the next scheduled date.

◆ The 7 Habits of Highly Effective Military Families

Learn how to build and maintain the kind of strong, loving family that lasts for generations by creating a spirit of understanding, support and enthusiasm within your family. This program has been designed to deal specifically with issues that arise from being a military family. Call for the next scheduled date.

◆ How to Avoid Marrying a Jerk/Jerkette Seminar

What's the best way to avoid a divorce? Marry the right person! This program is specifically designed for those who are single and want to know what to look for in Mr or Miss Right. Call for next class.

Counseling

Individual, Couples, and Family Counseling

The Dodd Field Family Life Center conforms to the guidelines of the US Army Family Life Program and the American Association of Marriage and Family Therapists.

See the reverse side for just a few of the many ways we can serve you at one of the Army's premier counseling facilities. If we can be of assistance in getting you from where you are to where you want to be, then please call us at the number below.



Telephone
210-221-5432/5010 (COMM)

Counseling Available . . .

Types of Counseling

- Individual
- Couple
- Family
- Group

Areas of Counseling

- Pre-Marital/Marital
- Divorce Recovery
- Blended Family
- Communication
- Conflict Resolution
- Parenting
- Trauma
- Anxiety & Stress
- Depression
- Anger
- Spiritual issues

The Dodd Field Chaplain Family Life Center is staffed by trained pastoral counselors dedicated to helping you be all God created you to be. Regardless of citizenship, ethnicity, gender or religion, professional services are offered **free of charge** to all Active Duty, Reserve and National Guard service members, retirees, Department of Defense civilians and family members in a caring and completely confidential environment.

A Note On Confidentiality

All counseling at the Dodd Field Chaplain Family Life Center is **ABSOLUTELY CONFIDENTIAL**. What you say here, stays here. In fact, your mere presence at the Family Life Center is confidential — we will not release any information without your expressed written approval.

Remember, there is no safer place to get the help you want.

210-221-5432/5010
Chaplain Family Life Center
Dodd Field Chapel
Fort Sam Houston, TX 78234

FORT SAM HOUSTON CHAPLAIN FAMILY LIFE CENTER



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Chaplain Family Life Center
"Help for your journey".