

Fort Riley Family Life Ministries Center

Counseling Services

Experienced • Free
100% Confidential



Bldg. 7865, Normandy Drive
Normandy Chapel
(785) 239-3436

The Family Life Ministries Center can help with:

- Marital conflicts
- Post-Traumatic Stress
- Anger
- Grief and loneliness
- Communication skills
- Premarital counseling
- Fear/phobias
- Parenting issues
- Behavioral problems
- Crisis intervention
- Stress management
- Building stronger marriages

Marriage and Family Counseling

The goal in Marriage and Family therapy is to improve the quality of life within the Family unit as well as for the individual members. A couple or Family can receive help through counseling when they are in conflict or do not know how to change their behavior, or just desire to improve their quality of life.

Individual Counseling

The goal for each client is positive personal growth and the development of effective problem-solving, decision-making and coping skills.

Classes Offered:

Premarital Class

This class is fun interactive class for couples preparing to get married or couples in the first few years of marriage. Class will cover marriage and marital expectations, couple communication skills, conflict resolution.

Marriage Enrichment Class

A relaxing non-confrontational class that assists married couples with improving their marital satisfaction.

EMDR

Eye Movement Desensitization & Reprocessing (EMDR) is a powerful new therapy technique which has been very successful in helping people who suffer from trauma, anxiety, panic, disturbing memories, post-traumatic stress (PTSD) and many other emotional problems. EMDR is the most effective and rapid method for healing PTSD as shown by extensive scientific research studies.

