

When to seek counseling:

The Family Life Ministries Center can help with:

- Depression
- Marital conflicts
- Anger
- Bitterness
- Grief and loneliness
- Communication skills
- Premarital counseling
- Divorce recovery
- Deployment and reunion
- Post Traumatic Stress
- Parenting issues
- Child and adolescent issues
- Behavioral problems
- Crisis intervention
- Stress management
- Difficulty in bonding
- 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, when communication becomes hostile, when a marriage has deteriorated to the point where a spouse feels he or she must make a dramatic gesture such as leaving home.

Individual Counseling:

The goal for each client is positive personality growth and the development of effective problem-solving, decision-making and coping skills. Chaplains and therapists work with all aspects of a person's growth and personality including physical, mental, emotional and spiritual development. Depression, anger, anxiety, inadequate self-concept, ineffective social and coping skills and other problems are treated.

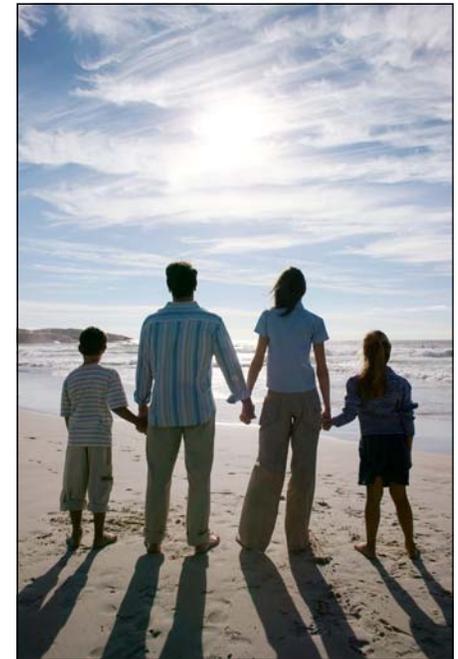
Classes Offered:

Marriage Class— This class is 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, and human sexuality. Class offered by appointment please call the Family Life Ministries Center at (785) 239-3436 to reserve your seat.

Fort Riley Family Life Ministries Center

Counseling Services

Experienced • Confidential • Free



Fort Riley
**Family Life
Ministries Center**

Experienced • Confidential • Free

Bldg. 7865 Normandy
Normandy Chapel beside Barlow Theater

Bldg. 7865 Normandy

(785) 239-3436

What we do:

Fort Riley's Family Life Ministries Center stands ready to help Soldiers, Army Families and DA civilians when marriage and Family questions arise.

The center's counselors can help with:

- **Marital therapy**, including communication skills, conflict resolution, domestic violence healing and prevention, sexual adjustment.
- **Family therapy**, including discipline, school adjustment, adolescent rebellion, loss of Family members, addition of new Family members.
- **Reunion issues**, including reintegrating a servicemember to the Family after deployment, changes in household management and parenting issues.
- **Religious/spiritual concerns**, especially those affected by and influencing Family life and social functioning.
- **Divorce counseling**, including mourning the loss of the former marriage and acceptance of a new identity and lifestyle.
- **Single-parent counseling**, including discipline, adolescent rebellion, dealing with stress of parenting as a single person.
- **Remarriage counseling**, including dealing with the complexities of blending two Family groups.
- **Premarriage counseling**, including communication skills, marital expectations, conflict resolution and human sexuality.
- **Traumatic or combat stress**, especially as it relates to Family life.
- **Single adult counseling**, including issues related to the Family in which they grew up.

Who we are:

The Family Life Ministries Center provides counseling by marriage and Family therapists whose qualifications include master's and doctorate degrees, licenses and certifications.

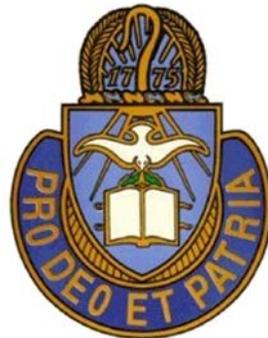
The center has male and female therapists, civilian counselors, and chaplains.

The Family Life Ministries Center's chaplains and therapists help you confront problems with individualized, practical, balanced solutions.

Counseling is free and confidential. Your privacy is protected by Army Regulation and federal law.

The center is one of a network of chaplain Family life centers worldwide. Our mission is:

- to improve the quality of life for military Families by providing marriage and Family therapy from a pastoral perspective as well as marital and Family enrichment opportunities.
- to provide clinical and Family enrichment educational experiences for Fort Riley chaplains who desire to enhance their Family pastoral care abilities.



Location

The Family Life Ministries Center is located at Normandy Chapel, Building 7865 Normandy Drive. Right beside Barlow Theater.

Hour of Operation

0900 - 1700 Monday– Friday excluding Federal Holidays and Fort Riley training schedule.

Call

(785) 239-3436 for appointment