# FLEET AND FAMILY SUPPORT CENTER

To Make an Appointment Call 866-923-6478



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# FLEET AND FAMILY SUPPORT CENTER COUNSELING LOCATIONS

### **NAVAL BASE CORONADO**

Buildings 318 & G Saufley Road San Diego, CA 92135-7138 619-545-6071

### **NAVAL BASE POINT LOMA**

Buildings 211 & 212 140 Sylvester Road San Diego, CA 92106-3521 619-553-7505

### **NAVAL BASE SAN DIEGO**

Buildings 259 & 263 3005 Corbina Alley, Suite 1 San Diego CA, 92136-5190 619-556-7404

### **NAVAL BASE SAN DIEGO**

Counseling & Family Advocacy 3147 Eel Alley, Building 271 San Diego, CA 92136 619-556-8809

### **BAYVIEW HILLS BRANCH**

1967 Sky Harbor Road San Diego, CA 92139 619-267-1720

### **GATEWAY VILLAGE BRANCH**

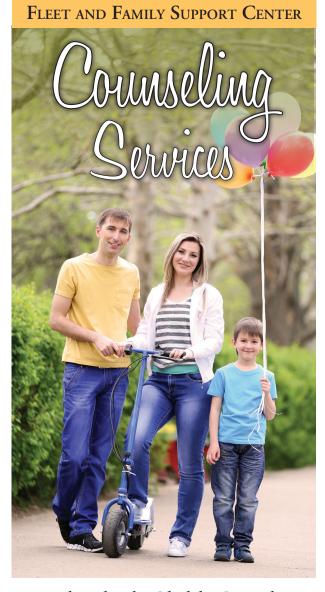
3207 Rosecrans Place San Diego, CA 92110 619-222-5548

### **VILLAGE AT SERRA MESA BRANCH**

3141 Afton Road San Diego, CA 92123 858-505-1369



http://sandiego.navylifesw.com/ffsc



# Individual, Child, Couple and Family Counseling

Private and Confidential





http://sandiego.navylifesw.com/ffsc

### Will Counseling Help?

The answer depends on your personal situation. Our customers often report feeling more equipped to deal with such issues as:

- Adjusting to military life
- Relationship challenges
- Divorce
- Blended family
- Infidelity
- Deployment reintegration
- New marriage and family
- Grief & Loss
- Communication and conflict resolution
- Parenting skills
- Anger management
- Other personal issues

Often, just knowing an experienced professional is listening to you can provide a great feeling of relief. That relief can lead to productive problem solving.



### Why Child Counseling?

Just like adults, sometimes kids can benefit from counseling. Counseling can help kids develop problem-solving skills and also teach them the value of seeking help. Counselors can help children and families cope with stress and a variety of emotional and behavioral issues.

A professional counselor can help by being an objective party who can provide guidance, information about parenting topics, and a neutral person for your child to talk with.

Counseling becomes important when children no longer respond to the parents in an expected way or when the parents have just run out of ideas on how to guide their children through situations.

## Signs Your Child May Need Counseling:

Parents are likely to be the first to recognize changes in their children's behavior. Some of these behaviors might include:

- Changes in school performance, such as dropping grades, missed homework, and skipping school
- Excessive worry or anxiety
- Loss of interest in usual activities
- Change in sleeping habits or frequent nightmares
- Mood changes, including temper tantrums, depression, anger, and aggression
- Low self esteem
- Not following directions
- Increased conflicts with parents and siblings

### **Myths About Counseling**

MYTH 1: Seeking counseling is a sign of weakness.

FACT: There is nothing weak about a person who seeks counseling. In fact, it takes courage to explore sensitive feelings and painful experiences. Permitting someone to help you is actually a sign of personal strength.

MYTH 2: The counselor will tell you what to do and how to "fix" your problems.

FACT: Counseling is not a "quick fix" cure to your problems. The counselor will assist your exploration of relevant thoughts and feelings as you examine your opinions and choices.

MYTH 3: If I were a better parent my child would not need counseling.

FACT: Children like adults have times of stress in their lives. Counselors can provide a neutral place for children and families to talk.

### Resources

- Fleet and Family Support Center
- Ombudsman
- Child and Youth Programs
- School Liaison Officer
- Exceptional Family Member Program
- FOCUS (Families Overcoming Under Stress)
- ASYMCA
- Navy Marine Corps Relief Society
- Church and youth programs





