

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



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FLEET AND FAMILY SUPPORT CENTER



**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.



- Our counselors will:*
- *Listen to you*
 - *Be honest*
 - *Have your interests and welfare at heart*
 - *Help you find a solution that best meets your needs*

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

Counseling Services

