



# The Military and Family Life Counseling Program is here for you!

**Confidential non-medical counseling face-to-face**

The Military and Family Life Counseling Program is here for you during the coronavirus disease pandemic. We now offer telephone and video non-medical counseling in addition to face-to-face non-medical counseling.

## Who is eligible?

Free and confidential non-medical counseling is available to service members, Department of Defense expeditionary civilians, their families and survivors.

Child and youth behavioral counselors are available to support children and youth up to age 18. They also offer guidance to families, staff and support personnel.

## What can I expect from non-medical counseling?

Your Military and Family Life counselor can help with:

- Managing stress and changes due to COVID-19
- Adjusting to deployment and reintegration
- Preparing to move or adjusting after a move
- Strengthening relationships
- Managing problems at work
- Grieving the death of a loved one or colleague

## Schedule an appointment with a Military and Family Life Counselor:

**Meet your Adult MFLCs for Ramstein AB:** (available via in-person appointments, phone or Zoom)

**Maritta Goodman, 569th USFPS | Phone: +49 174 474 5298**

**Bruce King, 521st AMOW | Phone: +49 162 771 9364**

**Marcela Dzeda, 86th SFS | Phone: +49 175 287 3675**

**LorRaine Brogdon-Harris, 86th AW/WSA | Phone: +49 162 471 5603**

**Zahira Diaz, 86th CS/435 AGOW | Phone: +49 160 924 46496**

**Call Military OneSource anytime, 24/7 at 800-342-9647 or visit  
[www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil).**

