

THURSDAYS WITH A SCHOOL-BASED MFLC



MILITARY & FAMILY LIFE COUNSELING

How Parents Contact Your MFLC Via Zoom on Thursdays
Times: 6:30 PM to 7:30 PM through the end of the school year
Meeting ID: 606 137 8938
Passcode: LIBERTY

Every Thursday, until the end of the school year, "Meet your MFLC on Zoom" is available to all military members and their spouses with children attending school in Hillsborough County. This is an open invitation to join us for a one hour Zoom meeting every Thursday from 1830 to 1930. The meetings have no agenda or theme beyond the non-medical counseling needs that you bring to the session (individual sessions are also available at your request). Think of these meetings as an opportunity to discuss all range of topics:

- Identifying tips for making a smooth transition to a new school and ways to make new friends
- Preparing your child for the next grade
- Saying farewell to school friends that are experiencing a PCS or helping your child prepare for their own PCS
- Strategies for keeping your child's grades up over the summer
- Teaching your child effective communication, understanding emotions, non-verbal communication, listening skills, and addressing roadblocks along the way

Remember, your MFLC is a licensed mental health professional and experienced in working with families like yours. Login to spend the hour or just a few minutes.

For additional information email giuntas@magellanfederal.com or call 813-629-2099



FOR MORE INFO:
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