

PARENTING

- **Unit Ministry Team (UMT) (A, AF, N, M, CG, FM)** You can get this information from your supervisor, BN Staff Duty Desk, or by calling the Family Life Chaplain at 757-878-2202. Unit Ministry teams are embedded in your unit & provide confidential counseling and spiritual guidance.
- **CG SUPRT (CG, FM)** (855) 247-8778 Provides 24/7 assistance and consultation for non-medical counseling, health coaching, personal financial wellness, legal services, and education and career counseling.
- **Navy-Marine Corps Relief Society (N, M, CIV)** 7928 14th St BLDG SDA-344 STE 238 Norfolk, VA (757) 322-3134 ; (757) 322-1171
visitingnurses@nmcrs.org ; norfolk@nmcrs.org
The Nursing program assists with answering questions and providing education on a wide range of health topics from baby to retirees. Nurses will work with you to understand and achieve your health and wellness goals.
- **New Parent Support Program (A, AF, N, M, CG, FM)**
Ft. Eustis (757) 314-7998 ; (757) 878-0919 The New Parent Support Program (NPSP) promotes healthy Families through a variety of services including home visits, support groups, and parenting classes. We help service members and families learn to cope with stress, isolation, post-deployment reunions, and the everyday demands of parenthood. Military Families who are expecting a child or who have children up to the age of three can participate in all of our service confidentially and free of charge.
- **Thrive (A, AF, N, M, CG, FM, CIV)**
Thrive – Resourceful Parents. Resilient Children. Ready Families.
(877) 382-9185
The Thrive Initiative is designed to empower parents and caregivers as they nurture children from birth until 18 years of age. The Initiative includes a series of face-to-face and online parenting programs and a range of online resources and interactive learning modules to meet the families where they are.
- **Military & Family Life Counseling (MFLC) (A, FM)**
7th Transportation Brigade and 11th Transportation Battalion (757) 570-3540 1-110th Aviation, 1-210th Aviation, 2-210th Aviation 128th Aviation (314) 913-8814 Adults at Ft. Eustis (757) 755-5509 ; (757) 755-5512
- **Military & Family Life Counseling Near Me | Military OneSource**
The Military and Family Life Counseling (MFLC) Program provides confidential non-medical counseling to the Military community. These short-term, solution focused sessions can assist with issues such as managing stress, parenting, difficulty adjusting to new changes or life events, and improving home or work relationships.
- **Military & Family Life Chaplain (A, AF, N, M, CG, FM, CIV)**
923 Lee Boulevard, Fort Eustis, VA 23604
0900-1700 M-F | Closed Saturday | 0830-1300 Sunday Duty Hours: (757) 878-2202
Off Duty Hours / Emergency: (757) 897-2730
The Military and Family Life Chaplains Program provides 100% confidential non-medical counseling to the Military community. These short-term, solution focused sessions can assist with developing healthy relationships and the ability to thrive under the pressures of military life.
- **Family Advocacy Program (Clinical) -Ft. Eustis (A)**
502 Sternberg Avenue (757) 314-7998
- **Military One Source (A, AF, N, M, CG, FM, CIV)**
1 800 342-9647
Military One Source is your free 24/7 gateway to information, answers and support. As a Department of Defense funded program, we put expert confidential help to work for service members, immediate family and survivors who need a little extra guidance for all things MilLife. Just ask.
- **Mental Health Clinic (A, N, M, CG)**
Ft. Eustis Embedded Behavioral Health Clinic
502 Sternberg Road (757) 314-7557