

# COUNSELING SERVICES

The Fleet and Family Support  
Center

243-7878 / 046-816-7878  
ffscinfo@us.navy.mil

## Chaplain Services

Chapel of Hope  
243-2010 / 046-816-2010  
**After Hours Emergency Services:**  
090-1468-2779

**Military & Family Life Counseling  
(MFLC)**

571-338-8225 / 080-6485-6370  
571-564-3441 / 080-6485-6398  
571-833-8008 / 080-6485-6429



## Quick Resource Guide



### Family Advocacy Program (FAP)

243-7878 / 046-816-7878  
After Hours Reporting:  
080-1014-0985

### New Parent Support Home Visitation

243-7878 / 046-816-7878  
ffscinfo@us.navy.mil

### CNIC Virtual Work and Family Life Program

1-855-205-6749  
virtual-WFL@us.navy.mil

### CNIC Virtual Counseling

Appointment line :1-855-205-6749

### Fleet and Family Support Center Learning Management System (LMS)

Education, Resources and Tools for Navy Life:  
[mynavyfamily.com](http://mynavyfamily.com)



243-3372  
ffscinfo@us.navy.mil



# RESILIENCY SUPPORT POCKET GUIDE



# COMMUNITY RESOURCES



## Morale, Welfare and Recreation (MWR)

243-5060 / 046-816-5060  
navymwryokosuka.com

## Navy-Marine Corps Relief Society

243-7905 / 046-816-7905  
yokosuka@nmcrs.org

## American Red Cross

243-7490 / 046-816-7490  
yokosuka@redcross.org

## 24- Hour Emergency Assistance Hotline:

1-877-272-7337

## USO

241-3030 / 046-896-3030  
pac.yokosuka.staff@uso.org

## Need your Command Ombudsman's contact information?

Please contact the CFAY Assembly Chair  
for assistance!  
yoko.assembly1@yahoo.com



# EFFECTIVE WAYS TO STAY RESILIENT



## 1 The Fleet And Family Support Center

The Fleet and Family Support Center offers monthly classes focused on different stages of Deployments, Family Readiness, Active Parenting and so much more. FFSC also offers a Resiliency Bootcamp along with other Life Skills classes to promote wellness. Please call 243-3372 or email [ffscinfo@us.navy.mil](mailto:ffscinfo@us.navy.mil) for more information.

## 2 Military and Family Life Counseling (MFLC)

Our adult MFLC team is available for all stages of Deployment. They also host a new Monthly Spouses Support Group to promote and strengthen emotional wellness, reduce isolation and build resiliency. For more information please call 080-6485-6370 or 571-338-8225

## 3 American Red Cross - Mindful Movement

The American Red Cross would like to offer you and 5+ of your other friends a class dedicated to yoga style Mindful Movements! Please call 243-7490 for more information.

## 4 Find Your Community!

Volunteer with our local community partners!

- FFSC
- CFAY Youth Sports
- Navy-Marine Corps Relief Society
- USO
- American Red Cross
- Civil Air Patrol



# HEADSPACE



- Offers Sub-Clinical Counseling
- Coping with partners absence
- Keeping Kids grounded & supported
- Managing the household solo
- Preparing for Reintegration
- Promotes restful sleep
- Free for Active Duty & up to 5 loved ones

Join here:

[work.headspace.com/usnavy/join](http://work.headspace.com/usnavy/join)



## NMRTC Mental Health

Naval Hospital Appointment line:  
243-5352 / 046-816-5352

