

<u>Agency</u>	<u>Issue</u>	<u>Service Type</u>	<u>Contact Number</u>
Family Advocacy	Domestic Relationship Issues (Spouse, partner, children)	Counseling with a licensed therapist Anger management groups Parenting classes	FAP Treatment: (253) 968-4159 Prevention Classes: (253) 967-5901 or (253) 982-2695
New Parent Support Program	For families that are pregnant, have a new baby or toddler	Home visits from a nurse or social worker You can ask questions about care for babies, local resources and get some support.	(253) 967- 3583; (253) 967-7409
Financial Readiness	Budgeting, saving, financial goal-setting, TSP account.	Sit at a table with a financial expert who can help you create a budget or a plan for your financial future.	(253) 967-1453 Schedule an apt: http://jblmmwr.com/acs/acs_frp.html
Exceptional Family Member Program	Special needs family members. Spouses or children.	Provides local resources that can assist in caring for your child with special needs.	253-968-0254/ 1370/ 4335/ 5658
Chaplains	<i>Any issue</i>	Chaplains not only provide emotional support, guidance and education, they are knowledgeable about all area resources and can refer you for further services.	253-982-5556
Military Family Life Consultants	Specializes in relationship issues. Can also address individual issues related to stress or other emotions.	Licensed therapists that provide supportive counseling, education about life stress and communication	253-329-6634

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		techniques to help in our relationships.	
Behavioral Health	Clinical issues such as anxiety, depression, PTSD, or sleep disturbance.	Licensed clinicians that will provide counseling, education and medical evaluation to successfully identify and treat these conditions before they become life changing.	(253) 982-3685
ADAPT	Alcohol and drug use	Airmen can self-refer to the ADAPT program if they feel substance use has become unmanageable in their lives. However, when substance abuse becomes part of another issue (FAP, DUI, etc.) then ADAPT referral is no longer voluntary, it is mandatory.	253-982-3684
Employee Assistance Program	Substance abuse, conflicts at work, family issues.	Brief counseling services for civilian DoD employees.	(253) 732-2214
T2 Apps	Apps designed for military members to aid with many issues from TBI to stress to parenting.	Apps that you can download to your smart phone and access quickly when you need some support in the moment.	253-968-1914
CAFBHS Child and Family Behavioral Health Services	Alcohol Abuse, Anger Management, Anxiety, Attention Deficit or Hyperactivity Disorder, Autism, Combat and Post-Traumatic Stress, Depression, Drug		(253) 968-4843; CIV: 800-404-4506 (Tricare Appointment Center)

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	and Substance Abuse, Gambling Addiction		
JBLM Cares Center	For families with special needs children.	Provides wraparound services for our autism families to include a community resource room at the center, system navigators, parent education and support groups, and an on-site respite care coordinator for parents.	253-968-7924
SAPR/SARC Sexual Assault Prevention and Response			982-7272