



Welcome to a new school year! I am your new Military and Family Life Counselor. This is my 1st year here at Robinson and I am so excited to be a Ram! MFLC provide nonmedical counseling to enhance social, academic, and emotional skills for the wellbeing of our military students and their families. I am available to all military families and staff members Monday-Friday. Hours are flexible to fit your schedule. Please feel free to contact me for more information.

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OFFICE: SUB SCHOOL 10



ALAINA ANDERSEN, LPC, NCC

MILITARY AND FAMILY LIFE COUNSELOR

Robinson Secondary School

ISSUES ADDRESSED

- School Adjustment
- Deployment and separation
- Reunion adjustment
- Sibling and parent-child communication
- Behavioral concerns
- Fear, grief, and loss

HOW DO WE MAKE A DIFFERENCE?

- Engaging in activities with children and youth
- Providing short term, non-medical counseling support
- Available at no cost to assist children and youth, parents, family members, and staff of child and youth programs
- Providing behavioral interventions in classrooms, at camps, and in Child Development Centers to assist staff in setting and managing boundaries
- Modeling behavioral techniques and providing feedback to staff
- Being available to parents and staff to discuss interactions with children and other concerns
- Facilitating psycho-educational groups

Services are private and confidential except for child abuse or neglect, domestic abuse, illegal activity, or any other duty-to-warn situations.

Presentation Topics:

- Anger Management
- Building Resiliency
- Deployment
- Children and Moving
- Communication
- Conflict Resolution
- Coping Strategies
- Divorce and Separation
- Relationship Skills
- Reintegration
- Stress Management