

MILITARY SERVICES:

What We Offer and How to Access Them

SERVICES

COUNSELING: All forms of Family Counseling	YOUTH MENTORSHIP	NUTRITIONIST	CERTIFIED PERSONAL TRAINER and PRIVATE THERAPEUTIC GYM
1.Individual Counseling 2.Pre-Marital and/or Officiating Ceremony 3.Prepare to Enter the Dating Pool 4.Improved Communication, Indebted 5.Various Mental Evaluations, Assessments, with individual, couples and family based incorporation skill building 6.Mediation and/or Divorce in lieu of court and attorney fees. Creates a more amicable result(s)	1.College Prep 2.College Tours 3.Group Counseling Sessions 4. Guest Speakers 5. Field Trips 6.Individual and/or Group Health and Wellness for Student Athletes attempting to meet goals for in-season and season prep, all sports. Teams, Sibling Groups or Individuals	1.Assisting with meal planning 2.Progress monitoring and accountability 3. Body weigh-ins and analysis 4.Incorporate the use of phone apps to monitor progress	1.Assist with Boot Camp preparations 2.Assist with meeting weight and exercise requirements per branch of military service Services 3-5 people 3.Group classes 4.Three large TV screens with Smart TVs 5.Smith Machine 8 in 1, for weights; treadmills and cycles 6.Assist with rehabbing injuries

<p>7.Youth and Parental Counseling</p> <p>8.Assisting Couples with Starting a Business Together</p>			<p>7. Regular and ongoing weight and nutrition challenges</p> <p>8.Daily reminders and guides provided to help clients to reach their goals.</p> <p>9.Individual and/or Group Health and Wellness for Student Athletes attempting to meet goals for in-season and season prep, all sports. Teams, Sibling Groups or Individuals</p>
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ACTIVE DUTY – No Charge, Steps to Get Started

COUNSELING: Using TriCare: East and West/FSA, HSA or EAP Options (Flexible Spending and/or Employee Assistance Programs)	EXERCISE/NUTRITION (Health) – Using your Military Outreach Benefits
1.Acquire a referral	<p>1.Complete two documents:</p> <p>A. Membership Application – click on link</p> <p>B. Duty Station Command Application – click on link</p>
2.Contact our office	<p>2.Complete Family Fitness Application</p> <p>Determine which health track desired –</p> <p>A. Just gym membership</p> <p>B. Personal Training</p> <p>C. Gym, Training and Counseling</p>

3.Complete intake forms by creating portal via Simple Practice software provided by staff	3.Speak with Staff about making appointment for free training and first appointment with Coach Darren Frett
4.Consider obtaining a psychological evaluation (optional and extremely private and confidential) – speak with staff to set this up	
5.Begin counseling	