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(909) 884-0133

(800) 222-9691

**We have offices in
the counties of:**

*Los Angeles, Riverside,
Orange, San Bernardino
and San Diego*



Online Support

*Visit our website for additional
services such as:*

- Office locations & directions
- Staff bios & pictures
- Class registration
- Thought for the day
- Breathing exercises
- Slide shows
- Articles & handouts
- Questionnaires & surveys
- Links to other resources

www.thecounselingteam.com

Military Peer Support Program

*Pre-Deployment, Deployment, and
Post-Deployment*



*Dedicated to **Serving**
Those Who **Serve** not only
Our **Community** but also our
Country*

The Counseling Team International (TCTI)

Headquarters

1881 Business Center Drive, Suite 11
San Bernardino, CA 92408
24 Hr. (909) 884-0133 or
(800) 222-9691
Fax (909) 384-0734

www.thecounselingteam.com

Purpose

The Counseling Team International (TCTI) has created a peer support group for individuals and their respective family members who are dealing with military deployment.

TCTI uses the Military Peer Support Program to aid in the process of emotionally assisting the individual involved in military service, his/her family members, peers, and supervisors.

This program is designed to provide comprehensive support to service professionals and their eligible family members throughout all phases of military reserve duty (pre-deployment, deployment, and post-deployment).

What Ways Can This Program Help?

- ✓ Survivor Guilt
- ✓ Substance Abuse
- ✓ Anxiety/Panic Attacks
- ✓ Career Concerns
- ✓ Relationship Concerns
- ✓ Marital & Family Problems
- ✓ Stress/Burnout
- ✓ Anger Management
- ✓ Separation/Divorce
- ✓ Child/Adolescent Issues
- ✓ Suicide Prevention & Intervention
- ✓ Grief/Bereavement
- ✓ Depression



Support

Services provided by TCTI are offered to both the officer and his/her family members throughout the deployment process.

If outside assistance is needed, TCTI is able to provide the necessary resources to department members, supervisors, peers, and family members.

TCTI offers on-going assistance throughout the entirety of the deployment process. This process includes pre-deployment, during deployment, and post deployment assistance.

Why Is This Program Important?

Military deployment has an impact on the individual being deployed, his/her family members, friends, peers, and supervisors. This program is able to offer those individuals additional support that may be necessary to ease any transitions or difficulties experienced throughout military service. This is done largely by allowing all involved parties to participate in ventilation and sharing.

When Will the Group Meet?

Military Support Group for **Family** will meet the 1st & 3rd Wednesday of each month.

Military Support Group for the **Employee** will meet the 2nd and 4th Wednesday of each month.

Meetings will be held in San Bernardino office located at:

1881 Business Center Dr.
Suite #11
San Bernardino, CA 92408

If you are interested in attending the group please notify TCTI so that proper accommodations can be made.

Be advised that all groups are considered confidential and no information regarding your attendance will be given.

If you would like to request a copy of the Military Support Handbook please call us at (800) 222-9691

**Call us for more information!
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(800) 222-9691
or visit our website...
www.thecounselingteam.com**