

## ADDITIONAL EGLIN CONTACTS

FAMILY ADVOCACY PROGRAM  
(FAP)..... **850-883-8616**

INTEGRATED PREVENTION & RESILIENCE OFFICE  
(IPRO)..... **850-924-2630**

CHAPLINS..... **850-882-2111**

MENTAL HEALTH..... **850-883-8373**

GENERAL MILITARY FAMILY LICENSE COUNSELORS  
(MFLC'S)..... **850-826-7864**  
**850-826-7860**

LEGAL OFFICE..... **850-882-4612**

MILITARY ONESOURCE..... **800-342-9647**

## MILITARY & FAMILY READINESS CENTER

### CONTACT INFORMATION

 **850-882-9060**

 **EGLIN.EGLINAIRMANFAMILY  
READINESSCENTER@US.AF.MIL**

 **EGLIN96FSS.COM/MFRC**

 **502 W Van Matre Ave, Bldg 205  
Eglin AFB, FL 32542-6823**

### HOURS OF OPERATION

**MONDAY-WEDNESDAY & FRIDAY  
7:30 AM - 3:30 PM**  
**THURSDAY 8:30 AM - 3:30 PM**



# PERSONAL & WORK LIFE PROGRAM



*Services Available  
through  
Every Milestone*



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Current as of: APR 2, 2026.  
Subject to change without notice.

## P&WL MISSION:

Provide personal and work life education that equips service members, couples, and families with the tools and resources needed to build and maintain healthy relationships, strengthen interpersonal competencies, and everyday problem-solving skills throughout their military family life-cycle.

## 2026 WORKSHOPS:

### Elevate Your Relationship

A skills based program designed to help couples strengthen and sustain healthy relationships

### Navigating the Divorce Process & your Money

Provides resources and information to encourage self-improvement and resilience as they navigate the divorce process

### Surviving Adulthood: A Crash Course

This workshop provides participants with lifeskills, tools and resources to help navigate their daily life challenges.

**Topics: Personality Awareness, Healthy Relationships, Finances, Self-care and Mental Wellness, and more**

## SERVICES PROVIDED:

- Deployment
- Communication
- Family Separation
- Relationships
- Homelessness
- Marriage Stress
- Divorce
- Time Management
- Parenting
- Team Building
- Adoption
- Personal and/or Family Goal Setting
- Elder Care
- Crisis Assessment



## TEAM BUILDINGS FOR UNITS:

- **LEGO® Strategic/Serious Play**
- **4 Lenses–Personality Assessment**
- **Experimental Training–Problem Solving & Decision–Making**
- **Emotional Intelligence –EQ 2.0 Assessments**
- **Myers–Briggs Type Indicator (MBTI®)**
- **Service Plans/Curriculum Building**