



NMTSC • FT SAM HOUSTON

# OMBUDSMAN

FEBRUARY 2016 • NEWSLETTER



## NMTSC family members are invited to the first ever “Coffee with the Captain” event!

Come get a free cup of coffee, and chat with CAPT Smith and other NMTSC leadership in a casual environment!

Ask questions about the command, air your concerns, or just come to say “hi” and make new friends!

Also, come meet the new, incoming NMTSC Ombudsman Team members: Mrs. Cynthia Fernandez and Mrs. Carrie Deza!

**where:** NMTSC HQ, Bldg 903, 2931 Harney Path

(cross streets: Harney Path and Scott Rd)

**when:** Friday 26 February 2016, 0900 - 1000

*Hosted in partnership with MWR | Children welcome!*

*For more information: 210-413-6973, [nmtsc.ombudsman@gmail.com](mailto:nmtsc.ombudsman@gmail.com)*

NEED SOMEONE TO TALK TO?

## MILITARY FAMILY LIFE COUNSELORS (MFLC) ARE HERE TO HELP

- MFLCs, licensed clinical counselors, are here on Ft Sam Houston to provide non-medical, short term, situational problem identification and counseling services to service members and their families.
- Call a MFLC to address relationships, stress management, grief after loss, occupational or family issues, and for crisis intervention.
- MFLCs provide private and confidential support (except in duty-to-report situations), on/off base services, children’s support programs, and presentations/briefs.

Lela Flowers-Brown | 210-488-6804 | Monday through Friday, 0800 - 2000



OMBUDSMAN QUESTIONS OR CONCERNS?

CONTACT GRACE FOY, CYNTHIA FERNANDEZ, OR CARRIE DEZA AT 210-413-6973 | [NMTSC.OMBUDSMAN@GMAIL.COM](mailto:NMTSC.OMBUDSMAN@GMAIL.COM)