



Our Mission

We are dedicated to helping and improving the lives of military families by providing outpatient counseling services.

We strive to provide superior care through the services that we offer and to make a difference one person at a time. All of our therapists are licensed professionals and have extensive experience and knowledge of the military culture as well as a passion to help the military population.

Our Story

Family Forces has been providing outpatient counseling services for the military community in the San Diego region and surrounding areas for over a decade. We are dedicated to helping those who serve and their families. We understand the unique stressors that the military lifestyle presents and we are here to help you through those challenges. All TRICARE members are welcome, whether they are active duty, retirees, reservists or dependents.



9655 Granite Ridge Dr, Suite 200,
San Diego, CA 92123
P (858) 277-7907 | F (858) 277-7908

www.familyforces.org



Counseling Services for Military Families



How Can Family Forces Help?

We offer a variety of services that can be tailored to your needs and help in areas such as:

- Enhancing family dynamics
- Building or repairing relationships
- Learning skills to cope with stress, anger, irritability or troubling thoughts
- Managing depression, anxiety, PTSD, phobias and many other conditions
- Handling life's transitions
- Dealing with grief and loss
- Personal growth and development
- Overcoming fears or insecurities
- Optimizing eating or sleeping habits
- Improving overall mental health

Who Do We Serve?

Family Forces is dedicated to improving the lives of military families by providing outpatient counseling services to all Tricare members whether they are active duty, retirees, reservists or dependents. We serve all ages.



Our Services

Individual Counseling

Therapists will meet individually with children, youth or adults to assist them in developing coping skills.

Family Counseling

Families participate in family therapy to learn new ways to communicate and develop skills to cope with life stressors.

Group Counseling

Can be on various topics which might include deployment-related stress, peer relationships and coping skills.

Couples Counseling

Marital/couples therapy is provided to improve communication, relationship satisfaction and conflict resolution skills.

All services can be provided either in the client's home, at the child/youth's school*, or in an office setting.*

*In school and in home services are subject to area restrictions and availability. Please call us for more details.

Referrals

We strive to make the referral process fast and easy. A referral can be made by a partner organization or individual through one of the following options:

- Call us at 858-277-7907
- Fax a referral form to 858-277-7908
- Request an appointment online at www.familyforces.org

Tricare Coverage

We work with Tricare insurance and in most cases, we are able to obtain the needed authorizations for Tricare members. All services are billed to the insurance carrier. Individual benefits and coverage will be explained to families at the time of referral.



"Whatever problems arise, they are taken care of/ worked on quickly. We were given an awesome therapist."

- Family Forces client