



# MILITARY & FAMILY LIFE COUNSELING

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**FREE**  
**NON-MEDICAL**  
**COUNSELING**  
*Service Members and  
Dependents Eligible*

Free, confidential counseling includes:

- Child, Youth, Family Counseling
- Relationship/Marital Counseling
- Resiliency, Coping skills
- Conflict Resolution, Anger Management
- Grief & Loss
- Deployment Concerns/Stress/Reintegration
- General Soldier & Family Stress

## Kristy Torsky

Military & Family Life Counselor  
(734) 460-5000

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Camp Grayling Bldg. 117

## Lia Hollis

Military & Family Life Counselor  
(269) 361-7816

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Joint Forces Headquarters, Lansing



Face-to-Face  
Virtual  
Telephonic



OFFICE OF

# FINANCIAL READINESS

## PERSONAL FINANCIAL COUNSELORS

**Dave Roberts**

**Lansing**

571-424-4981

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**Ron McAllister**

**Grayling**

571-422-5034

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**Gary Salach**

**Selfridge**

571-421-6001

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### ASSISTANCE IN:

- Personal budget/financial planning
- Money management techniques
- Credit counseling
- Debt repayment options
- Retirement and estate planning
- Saving and investing
- Tax planning



# SFR ★ SOLDIER AND FAMILY R E A D I N E S S

The Soldier & Family  
Readiness Program assists Service Members and  
their Families with:

Education Concerns

Employment Assistance

Unit and Family Readiness

Family & Relationships

Non-Medical Administrative Casework, including:

Financial Crisis

(loss of income, job, etc.)

Under-Employed

(career assistance)

Unexpected Life Events

(car accident, medical diagnosis, house fire,

flood, loss of

transportation, etc.)

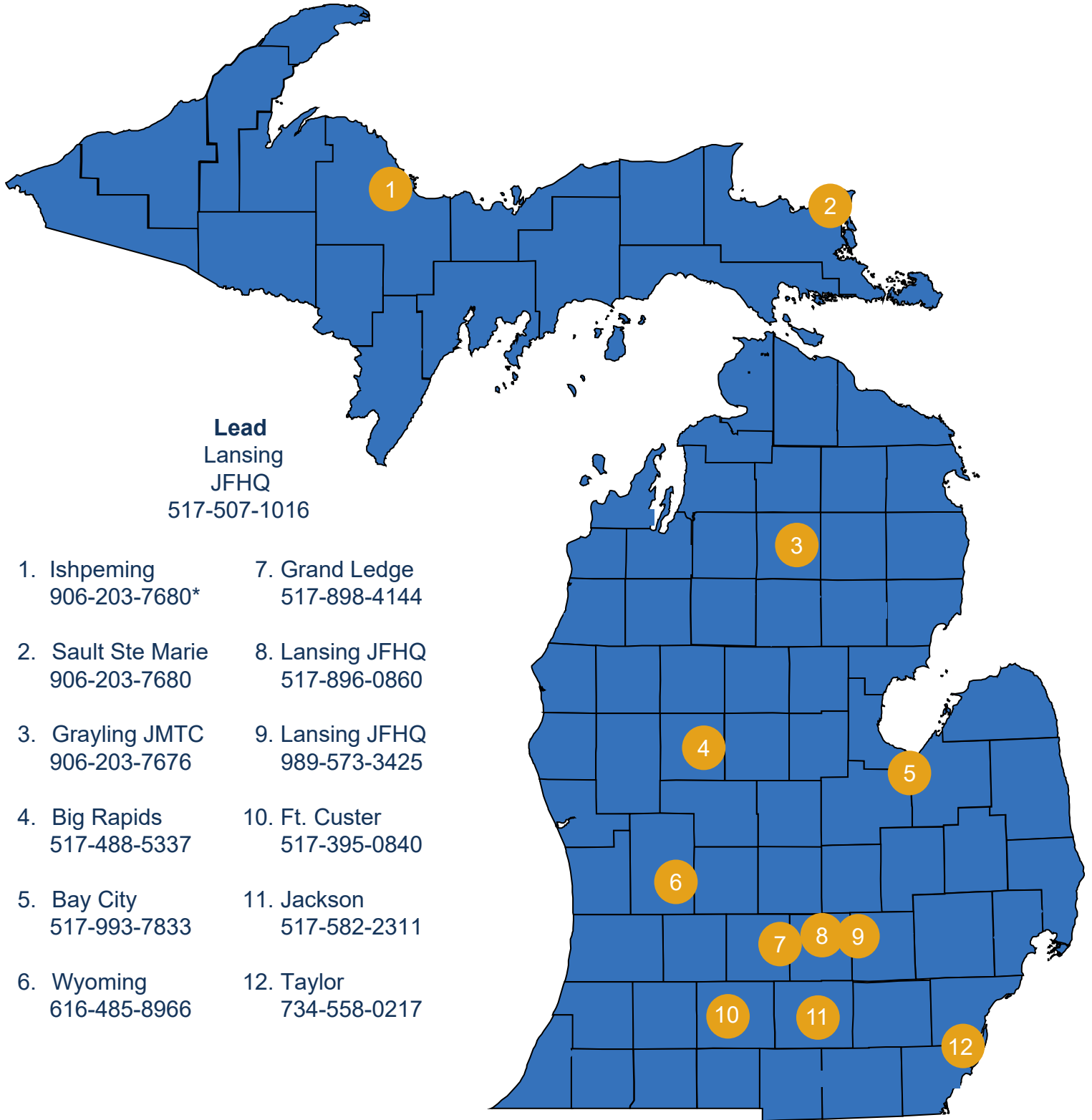
We can also assist in  
addressing other Guard  
and Family concerns by  
advocating through Command and partnering  
organizations.



MICHIGAN NATIONAL GUARD  
**1-888-MICH-FAM**  
FAMILY PROGRAMS



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