



Parenting and Counseling for Military and Veteran Families

Our Parent Education Classes and Counseling services are offered for families where the parents, grandparents, or guardians are active duty military, National Guard, Ready Reserve, Veteran, or a retiree.

Parenting Classes

Our parenting classes are offered in-home, over the telephone, or virtually and are geared towards:

- Understanding your and your child's feelings
- Your child's development
- Development screenings for your child
- Parent-child activities
- Managing stress
- Connecting with community resources
- And much more!

Offered for families with children 0 to 17 years of age

Contact Erica Zamudio at 210-842-0153 or
Email ezamudio@family-service.org

Counseling

In-home or telehealth counseling services focused on strengthening the family unit. Services are available as one-on-one or family sessions.

Offered to military and veteran families

Contact Alecia Sonnier at asonnier@family-service.org

