



**Shelly Oberst,  
LCSW**

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# Meet your Military Family Life Counselor

## Hayfield Elementary School

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Welcome to the 2021–2022 school year. My name is Shelly Oberst, LCSW and I am the MFLC here at Hayfield Elementary School. This is my first year at your school, and I am looking forward to meeting and working with our military-connected students and families.

As an MFLC, I offer counseling services to enhance social-emotional and academic skills. I provide ongoing support and encouragement and promote the overall wellbeing of military students and their families.

MFLCs provide counseling & support in areas such as:

- Back to School Transitions
  - Being a New Student
  - Making Friends & Peer Relations
  - Lunch Bunch
  - Stress Management & Coping Skills
  - Deployment, Separation, & Reunification
  - Moving & Relocation
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Please feel free to contact me for resources, support, and counseling services. I am available for in person and telephonic sessions. All services are free and confidential. Thank you for all that you do and the opportunity to serve you and your children this school year!

