What is FLECS?

FLECS is a confidential family counseling and consultation service designed to help families and professionals develop solutions to problems interfering with a student’s success at home and school.

Since 1979, FLECS staff have been providing confidential Family Counseling at Monroe #1 BOCES to help parents in understanding, accepting and working with their children to achieve school and life goals.

In addition to these traditional services, the FLECS staff provides Professional Consultation and Training to school and agency personnel.

FLECS staff believe students succeed through the development of partnerships among families, school staff and community resources.

Contact FLECS

The FLECS staff are licensed marriage and family therapists who have advanced training in family systems work, as well as extensive experience in working within school systems.

For more information or to make a referral, please contact
Monroe #1 BOCES Mental Health Department
(585) 383-2261

© 9/11

Family Counseling, Training and Consultation

Addressing Family and Child Issues

Family Life Education and Counseling Service (FLECS)

A program of Monroe #1 BOCES
Family Counseling

Family Counseling topics, include (but are not limited to) helping to:

- build school-family partnerships (e.g., by attending parent teacher conferences, meeting with educational staff, etc.);
- develop family communication and build on family strengths;
- understand and address a child’s individual developmental, social, emotional, psychiatric, and educational needs;
- assess family needs and link to community resources when needed;
- cope with life transitions (e.g., re-marriage, loss, illness, etc.);
- develop behavior plans that reflect family styles and values;
- work with community support services (e.g., doctors, agencies, therapists, etc.).

Consultation and Training

Consultation and Training is offered in public and private agencies serving students birth to age 21 (preschool and day care programs, child service agencies, school programs K-12, and university training programs). Specific recommendations and suggestions are developed to fit the uniqueness of each case. Clinical Social Worker supervision is also available.

Possible consultation or training topics include, (but are not limited to):

- individual, classroom and school-wide interventions;
- family systems interventions for use in the school setting;
- collaboration among school, families, and community agencies;
- approaches to working with challenging families;
- solution-oriented and cognitive behavioral approaches;
- play therapy models for classroom, counseling, and home support.

An Effective Intervention

We provide service focused on helping students and families overcome barriers to school success. Some common challenges faced by students and families we serve include:

- school avoidance/school phobia
- emotional/behavioral difficulties
- developmental/learning problems
- anxiety-related issues
- attentional problems
- stressors of transitions or difficult times

FLECS may be part of the solution – we’d be glad to consult with you. Call us at (585) 383-2261.