

FUNDING

Donations from individuals, corporations and private foundations help keep client fees low. Each session costs NFCC \$175 in operations, yet our clients pay no more than \$95 out-of-pocket. Our donors are directly impacting our clients! If you are interested in supporting NFCC, please let us know at 713-402-5127.

FUNDRAISERS

Another way we are able to keep our services affordable is through annual fundraisers. These events are open to everyone and lots of fun to attend!



Crack 'em for a Cause
Spring Crawfish Boil



Tree of Life
Fall Gala

WE ARE HERE FOR YOU

We offer counseling
BY APPOINTMENT ONLY,
in-person and via telehealth,
Monday thru Saturday.

CALL 713-402-5046

OR VISIT US ONLINE AT

FinneganCounseling.org

2714 Joanel Street
Houston, TX 77027



Our center is accessible on
Metro route 82.

PAYMENT OPTIONS

COUNSELING SESSIONS COST
\$75 OR \$95 OUT-OF-POCKET.
WE ALSO OFFER A SLIDING SCALE
FOR THOSE WHO QUALIFY.
NFCC ACCEPTS THE FOLLOWING
HEALTH INSURANCE:

AETNA | BEACON HEALTH | BLUE CROSS
CIGNA | UNITED



ABOUT US

Nick Finnegan Counseling Center (NFCC) strives to provide affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.

From daily stress to ongoing mental illness, we help adults, teens, children, couples, and families lead healthier lives.

The level of care we provide is equal to costly private practices. However, we keep costs low, so we can be there when someone needs our help. We do this by offering affordable private-pay rates, sliding-scale options, and working with insurance providers.

COMMUNITY OUTREACH

FREE COUNSELING Since 2018, NFCC has partnered with Communities in Schools (CIS) to provide counseling to students at select schools. Our practicum students also provide free services through our partnership with Salvation Army.

COUNSELOR TALKS at affordable rates for parent groups, schools, businesses, health fairs, religious organizations and more.

PRACTICUM PROGRAM for graduate students completing their masters degree in counseling.

INDIVIDUAL COUNSELING

It's never too late to change old habits and achieve new outcomes. Counseling can help individuals of all ages do just that. Our team can assist in times of stress or with day-to-day challenges, such as:

- Anxiety
- Depression
- Stress management
- Work/life balance
- Career counseling
- Relationships | romantic & platonic
- Effects of abuse history
- Grief/loss and trauma

COUPLES COUNSELING

Couples counseling may help partners grow together to create a healthy, long-term relationship. Our team can help couples reconnect during critical moments or fine tune skills to create a lasting relationship.

PREMARITAL COUNSELING

Strengthen your relationship using a PREPARE/ENRICH assessment, with the guidance of a counselor. Our packages range from \$225-\$285 and include three private sessions. Put this at the top of your wedding planning checklist!

CHILDREN & TEENS

When a child struggles, it can impact various areas of their lives and yours. Children develop emotionally sooner than they develop reasoning and logic skills. This can overwhelm them and their caregivers.

Counseling can help children and teens:

- Express emotions & learn new coping skills
- Develop healthy relationships with peers
- Work through issues related to bullying
- Process change (divorce, grief, trauma, transitions, etc.)
- Manage ADHD & school/behavior issues

FAMILY COUNSELING

When family members face difficulties, it can impact the whole family.

Counseling can help families:

- Discuss difficult topics
- Improve communication
- Establish/strengthen boundaries
- Remain strong when facing change
- Gain insight into recurring challenges

TRAINING

In 2021, NFCC began providing NBCC approved continuing education trainings for mental health professionals. Our counselors also hold trainings for school district employees and counselors.