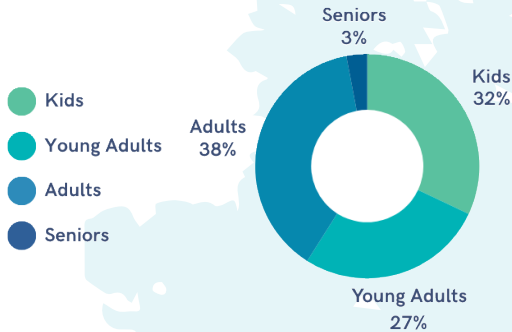


COUNSELING SERVICES

In 2024, we hosted
8,626 SESSIONS
with over
800 CLIENTS

- On-site and telehealth counseling services for individuals ages 3+, couples, groups, and families, addressing issues such as depression, anxiety, grief, addiction, ADHD, trauma, PTSD, stress management, life transitions, parent-child relationships, school & behavioral issues, and more



HIGH QUALITY COUNSELING *an accessible and affordable option*

- Each session costs NFCC roughly \$200, yet the most we charge is \$95 because we want to remain an affordable option.
- Approximately 80% of our clients bill through insurance or utilize the reduced fee sliding scale.
- \$100,000 is budgeted to fund scholarships for our sliding scale clients.

\$34,406

is the average income of our clients, who pay an average of \$31 per session when using our sliding scale.

COMMUNITY OUTREACH

In 2024, we served over
5,500 PEOPLE
through our outreach program

STUDENTS

shaping the future wellbeing of our city

- Free individual counseling for students through our partnership with Communities in Schools (CIS)
- Support groups on school campuses including topics such as relational aggression, social skills, and girls' self-esteem*
- Mental health talks addressing a variety of topics including bullying, social media, navigating friendships, teen dating, mental health, and suicide*
- Camp Nick: a week-long social skills group for children that are working on identifying and regulating emotions

*Groups and talks are free on Title I campuses

COMMUNITY AT LARGE

meeting people where they are

- Mental health talks in businesses, neighborhoods, and community organizations on a variety of topics such as managing stress, building healthy habits, parenting self-esteem, and social media/screen time
- Quarterly panels on various mental health topics such as navigating medical diagnoses, grief & loss, and motherhood
- Approved provider of continuing education for mental health professionals by the National Board of Certified Counselors (NBCC)

PRACTICUM PROGRAM

training the next generation of counselors

- Training program for graduate students working toward their master's in mental health counseling
- NFCC has partnered with organizations such as the Salvation Army, Tony's Place, and St. Mark's Episcopal School.

WHY GIVE?

THE NEED



- 1 in 5 U.S. adults experience mental illness each year; 56% do not receive treatment.*
- 1 in 6 U.S. youth experience mental illness each year.**
- Suicide is the 2nd leading cause of death among people ages 10-24 in the U.S.**

50% of mental illnesses begin by age 14, and 75% begin by age 24.**



Texas is ranked last in the US in access to mental health care.*

*Mental Health America

** National Alliance on Mental Illness

THE CALL

make an impact

A gift to the Because Counseling Matters Fund is the best way to make an immediate impact on the clients and community that we serve. Your support will allow us to continue our important mission to provide affordable, accessible, and high-quality counseling services and to expand our reach through our community outreach programs.

Thank you

for considering a gift to NFCC this year and partnering with us to change lives.

DEAR NFCC COMMUNITY,

What a joy it is to be the Executive Director of NFCC. Nick and I were childhood friends and working at a place that serves the community and honors my friend has been an incredible gift. Being at NFCC for the last eleven years has taught me so much about the importance of quality mental healthcare and given me the opportunity to help raise awareness and increase access to services in our community. I have seen how counseling can make a positive impact in someone's life and have a ripple effect on those around them. Watching the growth of our outreach program has been remarkable. In 2024, we served over 5,500 people (many of whom were students on school campuses) through our outreach program alone! Seeing parents, students and professionals engaged and eager to learn more about the topic presented is proof that what we are doing at NFCC is working. It is only through the unwavering support of our donors that we are able to continue doing what we love.

In my role as Executive Director, I get to work with an array of talented and passionate people both on our team and through our Advisory Board. The passion of these individuals motivates us to try new initiatives and create new partnerships so that we can help as many people as possible. I have truly never been a part of a team that cares so deeply about making a positive impact on the community. Each year, I make sure that NFCC is a place where my team feels fulfilled and inspired in the work they are doing. When we as a team feel that dedication to the mission, it touches the lives of every person we interact with.

The Because Counseling Matters Annual Fund is the core of philanthropy at NFCC and I hope you will choose to make a gift this year. Your support of NFCC's counseling services and outreach programs makes a meaningful difference on our community and enables us to provide affordable and high-quality counseling services and grow our outreach program to serve even more people. Thank you for your consideration!

Sincerely,



Mary Elizabeth Hand, M.Ed
NFCC Executive Director

NFCC Leadership

Foundation Board of Directors

Todd Greenwalt, Chair
Mary Elizabeth Hand, President
Stacey Brewer
Bill Finnegan
Michelle Shonbeck

Advisory Board

Garhett Wagers, Chair
Patrick Atwood, Vice Chair
Jennifer Bowen, Past Chair

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Elise Banks-Lovely	Meredith-Leigh Pleasants
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Joe Herman	Allison Schaffer
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Houston Johnson	Marty Thompson
Natalie Mohtashami	Diane Vines
Katie Montgomery Mears	

WAYS TO SUPPORT



17th Annual
Tree of Life Gala
October 2025



Crack 'em for a Cause
Crawfish Boil
Saturday, April 26th



Because Counseling Matters
Annual Fund

If your company is interested in partnering with NFCC,
please reach out to learn more about our
corporate partnership opportunities!

Because
COUNSELING
MATTERS
ANNUAL *fund*



2025

OUR MISSION

TO PROVIDE AFFORDABLE AND ACCESSIBLE
COUNSELING SERVICES TO ANYONE
REGARDLESS OF DIFFERENCES SUCH AS
AGE, FINANCES, OR BELIEFS

WWW.FINNEGANCOUNSELING.ORG



Nick Finnegan Counseling Center
2714 Joanel
Houston, TX 77027

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Houston, TX 77027