

A Note from Our Executive Director



Dear NFCC Community,

As I reflect on the past few years at NFCC and the profound impact of our Annual Fund, I am filled with gratitude for the generosity and compassion of people like you. Whether you have supported us in the past or are learning about our mission for the first time, your belief in accessible mental health services truly makes a difference.

Because of donors like you, children, adults, couples, and families have gained access to counseling, crisis support, and mental health resources—many for the first time. Your contributions make sliding-scale therapy possible for those facing financial hardship, provide trauma-informed care for survivors, and sustain specialized programs for people navigating anxiety, depression, and grief. Every counseling session offered, every safety plan created, every moment of healing is the direct result of a community that believes everyone deserves quality care.

Last year, we were continuously reminded of the impact that quality and affordable counseling can have on both an individual and their community. These stories are not just the impact of our team's work—they are the impact of your commitment to ensuring quality mental-health care is available to all, regardless of ability to pay.

As we enter a new year and launch our Because Counseling Matters Annual Fund campaign, I invite you to stand with us. Your support helps us expand vital outreach, reduce wait times by hiring additional counselors, and respond to growing community needs with compassion and intention.

Most importantly, your generosity reminds each client that they are not alone—that they matter, and that NFCC is here for them. Thank you for believing in our mission and for bringing hope, healing, and possibility to so many.

Gratefully,

Mary Elizabeth

NFCC LEADERSHIP

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Mary Elizabeth Hand, MEd
Executive Director

Heather Timmis MA, LMFT-S
Clinical Director



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WAYS TO SUPPORT



First Ever
Family Bingo Night February



16th Annual
Crack 'em for a Cause April
Crawfish Boil



2nd Annual
Mahjong for Mental Health May



18th Annual
Tree of Life Gala October

Corporate Partnerships



Give Now



NICK FINNEGAN COUNSELING CENTER
Because
COUNSELING
MATTERS
ANNUAL fund

2026



Our Mission

To provide affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.

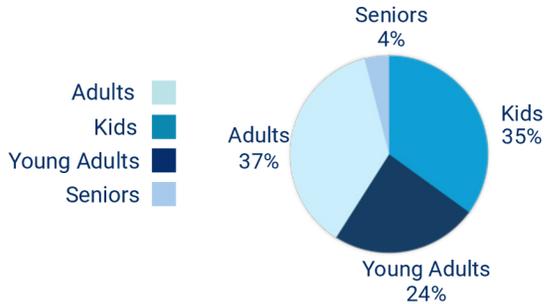
Serving the Greater Houston area since 2011

www.finnegancounseling.org

Counseling Services

In 2025, we hosted
8,167 sessions
with over
780 clients

NFCC hosted 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 and behavioral issues and more.



Accessibility Made Possible

keeping care within reach

\$100,000 - Budgeted to fund scholarships for our sliding scale clients

\$200 - Actual cost for NFCC to provide one counseling session

\$95 - Maximum client fee to keep care affordable

\$24 - Average sliding scale fee for clients with financial needs last year

Approximately 80%

of our clients bill through insurance or utilize the reduced fee sliding scale.

The average income of sliding scale clients last year was under \$25,000

Community Outreach

In 2025, we served over
3,500 people
through outreach programs

Community At Large

2025 QUARTERLY PANELS
featuring NFCC counselors and community partners, discussing the following topics:

- **Coping with Grief & Loss:** How a Medical Diagnosis affects Mental Health
- **Walking Through Tragedy:** A Response to the Devastating Hill Country Floods
- **Moving Forward Without Moving On:** How to Walk Alongside a Friend Who is Grieving
- **The Gift of Balance:** Managing Our Mental Health Through the Holidays

TALKS

- Provided **workplace, neighborhood, school, and community talks** on topics such as: managing stress, building healthy habits, parenting, self-esteem, and navigating social media/screen time.
- Hosted two, 6-week **Mom Talks** series, providing guidance, tools, and a supportive space.



CORPORATE PARTNERSHIPS

Corporate partners help keep counseling accessible, fund our sliding scale scholarships, and expand mental health resources across Houston. These partnerships also strengthen workplace culture—giving employees access to expert, on-site mental health talks that build resilience and support well-being.



Supporting Students

strengthening the mental health of future generations

- Provided **free counseling for students** one day a week on their campus through our partnership with Communities in Schools (CIS).
- Provided **free support groups*** and mental health talks addressing a variety of topics including bullying, social media, navigating friendships, teen dating, mental health, and suicide.
- **Practicum training program** for graduate students working towards their master's in mental health counseling.

*Groups and talks are free on Title I Campuses

THE NEED



More than **1 in 5** U.S. adults experience mental illness each year*

More than **1 in 7** U.S. youth ages 6-17 experience mental illness each year*

Suicide is the **2nd leading cause** of death among people ages 10-24*

*National Alliance on Mental Illness

THE CALL

your impact starts here

A gift to the Because Counseling Matters Annual Fund creates an immediate and life-changing impact. Your support ensures that every person, regardless of income or circumstances, can access high-quality counseling when they need it most. It also empowers us to expand our outreach, bringing vital mental health education and support directly into the community.

THANK YOU

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