

NICK FINNEGAN COUNSELING CENTER

2025 ANNUAL REVIEW

just a small snapshot of a much larger footprint



Anna piloted Mom Talks in 2024 and has guided it through four successful seasons.



NFCC's Outreach Team

Kallie Allen, LPC-S, CSC, DWTF
Julie Duong, LPC
Anna Crain, LMSW

2025 was marked by a period of meaningful growth

and community impact through Nick Finnegan Counseling Center's Outreach Program. Our Outreach Team continues to expand NFCC's reach across Houston, ensuring mental health resources are accessible to everyone; not just those who walk through our doors.

We served more than **3,500** students, parents, educators, and community members through in-person and virtual programming. Our growing presence has strengthened trust and connection across schools, families, and corporate partners—all united by the mission of supporting the whole person.

We're proud of the continued success of support groups like **Camp Nick** (NFCC), **Friend 2 Friend** (YES Prep SW Middle School) and **Stepping Up to Kindergarten** (St. Luke's Day School and West U Methodist School). Our Mom Talks Series and donation-based panel discussions, brought hundreds together to connect, learn, and heal. These programs exemplify our commitment to making mental health approachable and relevant for all.

This progress is made possible by our dedicated staff, advisory board, and community partners (see page 5). As we look ahead, we remain inspired to deepen our connection with our community and continue expanding access to compassionate, quality mental health care.

Thank you for your ongoing support and belief in our mission. Together, we are building a community where everyone feels seen, supported, and equipped to thrive.

We're here for you,

Anna

Anna Crain
Lead Outreach Counselor

**bringing something good
to every neighborhood.**

WHO WE ARE

our mission

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

board of directors **Todd Greenwalt, Chair**

Mary Elizabeth Hand • Stacey Brewer • Bill Finnegan • Michelle Shonbeck

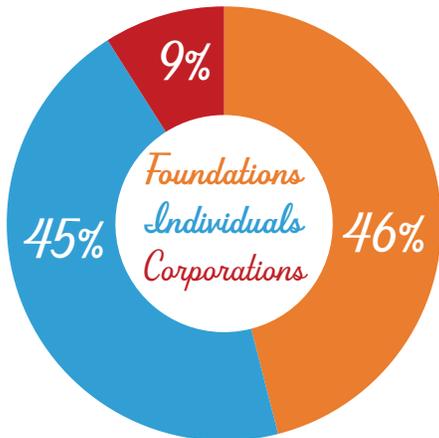
advisory board **Garhett Wagers, Chair**
Patrick Atwood, Vice-Chair

Sophie Asakura • Elise Banks-Lovely • Jennifer Bowen • Dean Delery
Scott Dorfman • Joe Herman • D'Hania Hunt • Houston Johnson
Natalie Mohtashami • Katie Montgomery Mears • Meredith Perkins
Meredith-Leigh Pleasants • Elizabeth Dodd • Julie Samson • Allison Schaffer
Heather Timmis • Marty Thompson • Diane Vines



NFCC's 22 staff members include 13 counselors; some with 15+ years of experience.

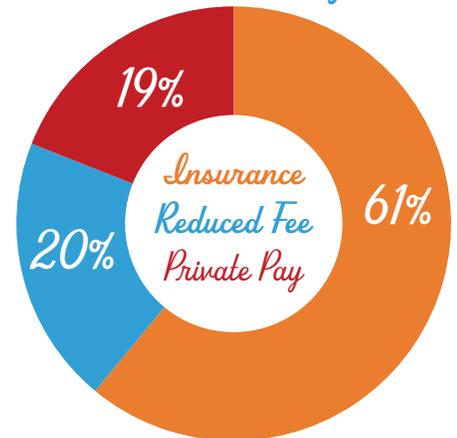
Donation Breakdown



Income Breakdown



How Clients Pay



our clients

\$25k

The average annual household income of sliding scale applicants

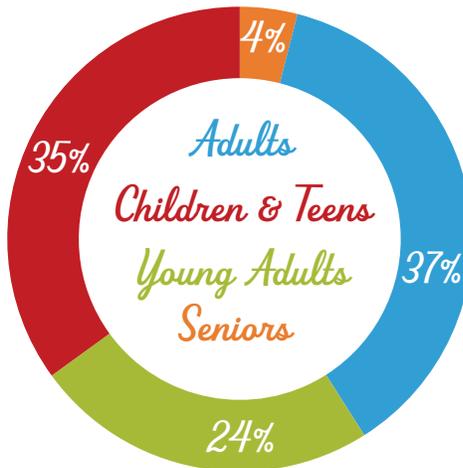
On average, sliding scale clients were given a per-session rate of

\$24

While no client pays more than \$95, each session costs NFCC ~\$200

\$88k

funded scholarships for sliding scale clients



“Every day, we work to make mental health care accessible to everyone in our community.”

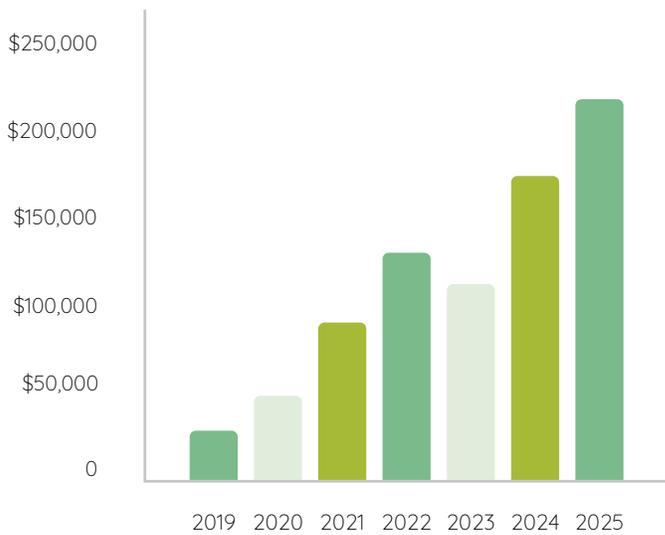
NOW & THEN

OF COUNSELING SESSIONS

8,000+
IN 2025

566
IN 2012





Thanks to our generous supporters, we raised a record \$219,000 in 2025



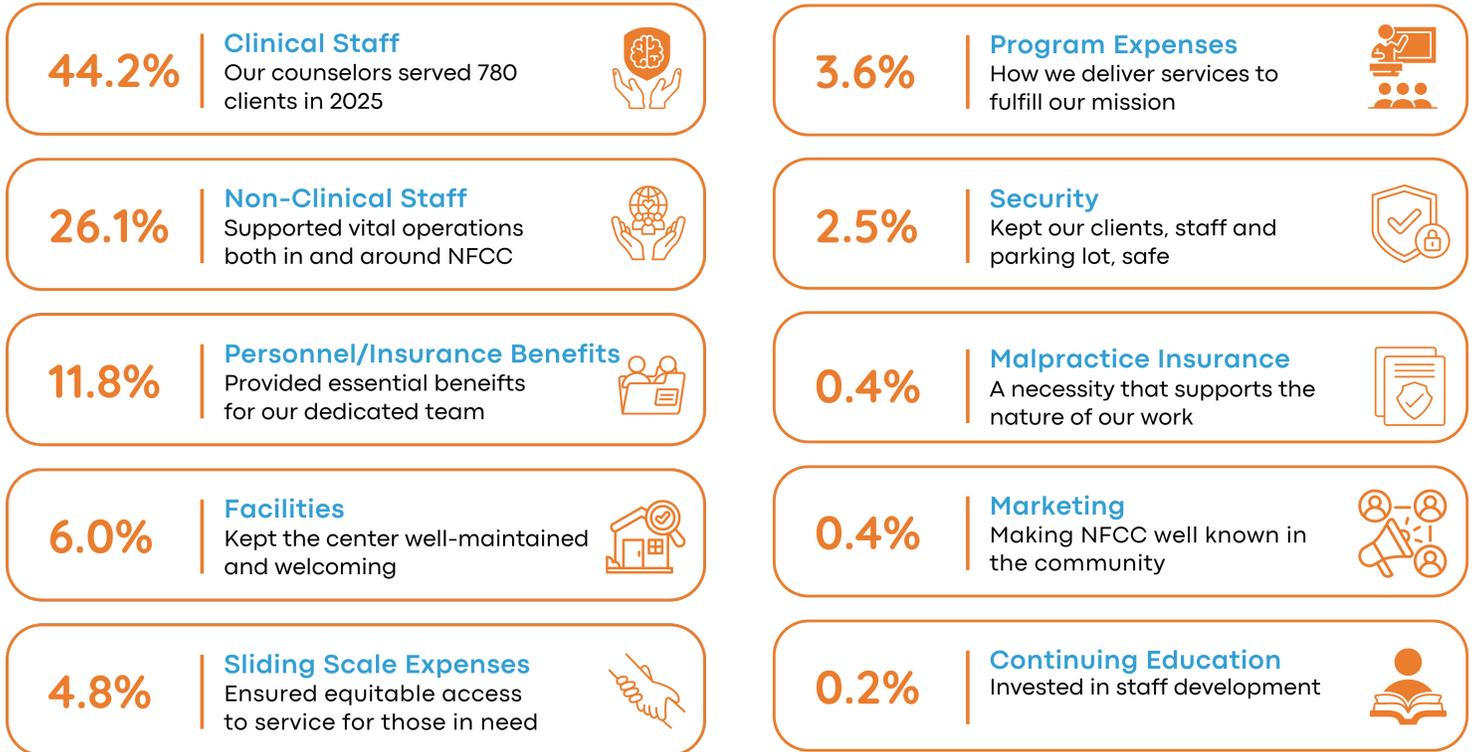
\$44k

more than in 2024!

These donations helped provide counseling sessions and expanded our community outreach.

The Because Counseling Matters Annual Fund, provides essential, unrestricted support for the Nick Finnegan Counseling Center.

WHERE OUR FUNDS GO



These events support NFCC's mission. Join us!

16TH Annual
Crack 'em for a Cause
Crawfish Boil

APRIL 25

WAKEFIELD CROWBAR

2ND Annual
Mahjong for
Mental Health

MAY 8

ST. LUKE'S UMC

18TH Annual
Tree of Life
Gala

OCTOBER 14

ARMADILLO PALACE

Follow us @nickfinncounsel for more

community partners

- Annunciation Orthodox School (AOS)
- Bunker Hill Elementary
- Bunker Hill Girl Scouts
- Casa de Esperanza
- Duchesne Academy
- Early Childhood Methodist Conference (ECMC)
- Frost Bank
- Harris County Juvenile Probation Dept
- Lanier Middle School
- MetroNational
- Meyerland Middle School
- Milby High School (CIS)
- Neighborhood Talk Host: Amy Robinson
- Neighborhood Talk Host: Blair Foster
- Neighborhood Talk Host: Meredith Perkins
- Presbyterian School
- Rice University
- River Oaks Baptist School
- St. Agnes Academy
- St. John Paul II Catholic School
- St. Luke's Day School
- St. Luke's United Methodist Church
- St. Mark's Episcopal School
- Westchester Academy (CIS)
- West U Methodist School
- YES Prep Hobby Elementary
- YES Prep Northwest Secondary
- YES Prep Southwest Middle School

“The heart of our work is simple —meeting people where they are, with empathy and care.”



Julie Duong, LPC reading to campers and helpers at Camp Nick



Moving Forward Without Moving On, September 2025 panel, was a follow up to July's, Walking Through Tragedy

PANEL DISCUSSIONS

NFCC's outreach team met their goal of hosting quarterly, panel discussions, where we welcomed several community partners to make mental health education and access to experts and resources readily available.

Here are the panels and partners NFCC hosted in 2025:

- How a Medical Diagnosis Impacts Mental Health**
Methodist Hospital, Amazing Place
- Coping with Grief and Loss**
Bo's Place, Rice University Well-Being Center
- Moving Forward Without Moving On**
Bo's Place, Coping Resource Center, Amazing Place
- The Gift of Balance: Managing our Mental Health Through the Holiday Season**
branches, Bo's Place, Revere Counseling & Wellness

WALKING THROUGH TRAGEDY

In the wake of the tragic flooding in Kerr County and surrounding areas, NFCC partnered with pastors at St. Luke's United Methodist Church to host a free community event on July 10. NFCC's directors and lead outreach counselor coordinated with community partners—including Bo's Place, The Conative Group, Hope and Healing Center, Coping Resource Center, and local school counselors—to lead an important conversation on supporting one another through crisis.

Following the event, NFCC counselors opened new times on their schedules to offer support for affected individuals and families. Lead outreach counselor Anna Crain also adapted the planned September panel into a follow-up discussion, **Moving Forward Without Moving On**.

RICE UNIVERSITY TALK SERIES

In the Spring of 2025, outreach counselors, Anna Crain, LMSW, and Julie Duong, LPC, led a 6-week series for Rice students. Connecting IRL (In Real Life), to help students walk a path of self-discovery that helped them find friends and build better relationships with themselves and others.

CAMP NICK

In 2025, our counselors successfully completed not one, but two sessions of our 3rd Annual Camp Nick! This on-site, social skills camp helped 9 children entering 1st & 2nd grade learn to build social skills, regulate their emotions and have a better understanding of self and their surroundings.



a great neighbor

“Together, we’re building a Houston where everyone has the tools to thrive.”

Our counselors help individuals, couples & families with...

In 2025, NFCC’s Clinical Director, Heather Timmis, traveled to Harris County Juvenile Probation Department (HCJPD) to provide continuing education* for their counseling staff. Since 2023, Heather has trained staff who work directly with juvenile offenders in residential treatment on: family therapy, suicide and non-suicidal self-injury, and working with sexual abuse. Heather has also provided direct case consultations to help support their staff in their daily work. HCJPD is the largest juvenile probation department in Texas with approximately 1,100 employees and over 6,600 young people referred to the department annually.



Heather Timmis, LMFT-S
Clinical Director

This partnership is so valuable because it aims to lower recidivism rates by equipping the counselors and youth with more tools, while also improving communication with their families. The clinicians give consistent feedback on how helpful it is to have someone understand the types of cases they are dealing with to gain more confidence. These partnerships allow us to provide quality care in indirect ways that benefit the whole community.



CONTINUING EDUCATION PROVIDER

NFCC is proud to be a National Board for Certified Counselors (NBCC) approved provider of continuing education for licensed therapists, counselors, and social workers.

COMMUNITIES IN SCHOOLS (CIS)

NFCC was delighted to showcase our longtime partnership with CIS, by honoring Rene Gonzalez, at our annual gala. Rene has served as CIS Student Support Manager at Milby High School for nearly 20 years, and has worked closely with NFCC counselor, Amy Gready, M.Ed, LPC, for more than three years. His dedication to helping Milby students and families directly aligns with NFCC’s mission and helps stretch our services beyond our own zip code to help those who wouldn’t be able to come to NFCC. For more than seven years, our counselors have provided free, campus-based individual therapy to Houston area students, once a week, during the school year, through our work with CIS. NFCC counselors are currently placed at Milby High School (77012) and Westchester Academy (77079).

PRACTICUM PROGRAM

Since our Practicum Program began in 2016, we’ve trained 18 graduate level counseling students from various local universities. Through our continued partnership with St. Mark’s Episcopal School our current practicum student see clients one day a week at St. Mark’s and also on site at NFCC, under the supervision of our Clinical Director.

- Addiction
- ADHD
- Anger
- Anxiety
- Autism Spectrum
- Blended families
- Body image issues
- Bullying
- Couples
- Depression
- Disruptive behaviors
- Divorce/separation
- Domestic violence
- EMDR
- Family conflict
- Grief
- LGBTQ+
- Life transitions
- Medical diagnoses
- Parenting
- Postpartum
- Pre-marital
- PTSD
- Relationship issues
- Sibling problems
- Self-harm behaviors
- Self-esteem
- Social skills
- Spirituality based counseling
- Substance abuse
- Trauma
- Work/office relationships

...we also have an extensive referral database for needs beyond this list. Just call our office at 713.402.5046.



NFCC counselors bring their families too!



Our 2025 Crawfish Boil Chairs and their families



Activities for kids include face painting and a balloon artist!

15th ANNUAL CRACK 'EM FOR A CAUSE *Crawfish Boil*

Special thanks to all of our event chairs and their precious families: Hailey and Jordan Benningfield, Ansley and Matt Cire & Amanda and Sam Tucker. This family-friendly event raised \$127,000! Guests enjoyed a new venue with sand volleyball courts, beautiful weather and endless crawfish! We hope you'll make plans to join us at our annual crawfish boil to meet some new friends and NFCC's best supporters!

17th ANNUAL TREE OF LIFE GALA

We had so much fun seeing all of our supporters and introducing them to our long-time community partner and Angels Among Us honoree, Rene Gonzalez, of Communities in Schools. This sold out event raised \$328,000, which went directly towards making counseling and outreach more affordable and accessible in the greater Houston area.

Thanks to our wonderful event chairs, Liz & Jimmy Burke, Blair & Jack Foster, Emily & Andy Maas, Callie & James Burke, Ann & John Wooldridge, Mindy & Clark Samuelson, Katie & Blake Moorman, Meredith & John Wooldridge, and Mary Carolyn & Raleigh Wooldridge, for planning a memorable event.



Our 2025 Gala Chairs: The Burkes & The Wooldridges



Amy Gready & Rene Gonzalez



Scotty and Maggie Finnegan, Susan and Bill Finnegan & Terrell and Spencer Branch