

Outreach Menu

NICK FINNEGAN COUNSELING CENTER



Meet the Team

ANNA CRAIN, LMSW

Lead Outreach Counselor



KALLIE ALLEN, LPC-S

Outreach Counselor



JULIE DUONG, LPC

Outreach Counselor

Our Purpose

At NFCC, our counselors provide in-person and virtual counseling to individuals, groups, couples, children as young as three years old, and families.

Our outreach team works to extend NFCC's services beyond our counseling center, collaborating with community partners to **empower communities with the knowledge and skills to improve their mental wellness.**

Nick Finnegan Counseling Center strives to provide affordable and accessible counseling services to anyone regardless of differences such as age, finances, or beliefs. NFCC offers services at a significantly reduced base rate, through insurance options and a slide scale.

Type of Talk

FAMILY

In collaboration with the school, a 1 hour presentation will be given to parents and family members. Topic typically chosen by PTA or school counselor.

STUDENT

Similar to above, but delivered to students in an assembly or classroom setting.

PROFESSIONAL DEVELOPMENT

A 1 to 3 hour presentation will be given to school staff or clinicians. Topic typically chosen by school administration or organization. We are a NBCC approved continuing education provider and Continued Education Unit credits are available.

NONPROFIT/ RELIGIOUS ORGANIZATION

In collaboration with the leadership, a 1 hour presentation will be given to employees or members.

NEIGHBORHOOD

Hosted in someone's home, this is a 1 hour discussion given to the host's neighbors and friends.

Potential Topics

The topics can be designed to target any population – serving all ages and stages. We are passionate about developing programs that are tailor made to address each particular partners' needs. Please speak to one of our Outreach Counselors to make sure we have the right talk for you!

- Classroom Management
- Emotional Regulation
- Finding Balance In Motherhood
- Gentle Parenting & Positive Discipline
- Grief & Tragedy
- Managing Big Emotions
- Navigating Friendships
- Neurodivergent Learning
- Parenting Confidence
- Relationships: Love & Sex
- Resilience and Confidence
- Self-Care
- Self-Harm & Suicide
- Social Media & Screen Time
- Sports & School Performance Anxiety
- Stress Management
- Substance Use
- Worry & Anxiety

Pricing

\$150 per hour. This price varies based on the event and the request. *Exception: Title one schools are free and Neighborhood talks are donation-based.*

Groups

SCHOOL-BASED

6-week group facilitated by an Outreach Counselor that meets weekly, at school, during the school day. Topic based on school need. Price may vary.

ONSITE @ NFCC

6-week group facilitated by an Outreach Counselor that meets weekly. Topic based on need. Price may vary.

Connect with us!

OUTREACH@FINNEGAN COUNSELING.ORG

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