



# FCC NEWS & UPDATES



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## DIRECTOR NEWS

Summer, swimming, lake trips, and that dreaded 100+ heat that comes with it. Red Bluff natives know what I mean when I say it's HOT. Heat and mental health go hand in hand. Agitation, depression, and overwhelming anxiety surrounding the thoughts of, "did I drink enough water?" or "can I stay cool enough?" can drive a person mad. We all handle heat differently but nonetheless it's still an adjustment to our daily lives. FCC may not be able to drop the temperature to a breezy 75 but we can offer a cold water bottle and a professional therapist to listen to the struggles that come with seasonal depression, or the unexpected financial burden that feels like it flipped life upside-down. Sometimes, these challenges just feel to big to fight on our own. Our donors make this possible. Without them we wouldn't be able to do it on our own!



**GET INVOLVED**  
Make a Difference!



Check out our Facebook page for more updates of what is happening around FCC!

[www.facebook.com/FamilyCounselingCenterRB.com](http://www.facebook.com/FamilyCounselingCenterRB.com)



Check out our updated website! [www.fccredbluff.com](http://www.fccredbluff.com)

Find out more info on our agency and ways to donate!



## CALLING FOR SUPPORT

During Mental Health Awareness Month FCC was BUSY! We partnered with the Corning Senior Center and offered a "Wellness Talk" for our medi-care aged population. Something to take note of, **MEDI-CARE DOES NOT COVER MENTAL HEALTH THERAPY SERVICES.** What we found from this event was the need for more resources.

Later on that month we supported Red Bluff High School at their "Wellness Event" where we had a booth offering information to high school students about the services FCC provided. What we found AGAIN was the need for more resources.

I'm hoping you're thinking, "how can I help?!?" **SPONSOR A GROUP!** Attached is a letter explaining all about the groups and the options for sponsorship. YOU can make this possible! YOU can give our teens and seniors more NEEDED resources in Tehama County! Together we can help fight the mental health crisis for our teens and seniors! Do you need more info? Call me directly. This is something our therapists are excited about and something my heart feels a huge need for! Ariel (530) 527-6702

## FCC BOARD

FCC has openings for new board members! This is a fun volunteer position of supporting FCC as a whole. Meet with us monthly to support fundraisers, support our mission, and support our community in providing affordable mental health coverage in Tehama County. If this is something you are interested in contact our director and we can get you connected with a board member.