



# Family Counseling Center

Spring News 2021

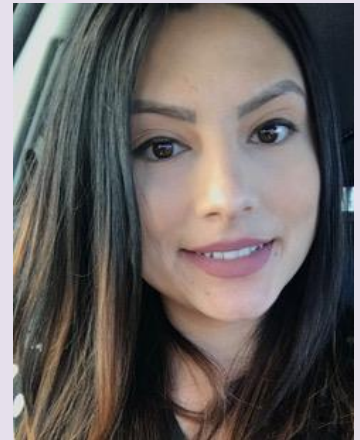
[www.fccredbluff.com](http://www.fccredbluff.com) 530-527-6702

## With Spring Comes Changes!

Here is an update of things going on at FCC and ways you can help!

### We want to welcome TWO new therapists to FCC

**Diana Acevedo** is an Associate Clinical Social Worker. She has over three years of experience providing bilingual Spanish speaking therapy services to parents, children, and families. She uses CBT, Play Therapy, Art Therapy, Solution Focus Therapy, and Strength-Based Therapy in her work. She is also trained in trauma-informed practices to help clients process and reduce trauma symptoms.



**Connie Sabo** is a Military Veteran and an Associate Marriage Family Therapist/Associate Professional Clinical Counselor. She has over 13 years counseling experience working with clients struggling from addiction, clients with dual diagnoses, and individuals with sex offense convictions. She led many group therapy sessions utilizing skills such as Cognitive Behavioral Therapy, Dialectic Behavioral Therapy and Anger Management. Connie is currently working with individuals and families.



We are excited to have these ladies and the support they will bring to our community!

# COMMUNITY SUPPORT



We are utilizing our grant from the **McConnell Fund of the Community Foundation of the North State** to do some much needed repairs on our Washington Street building. Thank you to Flores roofing for a new roof, pictured here in progress. And thank you to Doug Inman for his help and generous donation of time to the project. Next step—Paint!



Family Counseling Center  
1347 Grant St.  
Red Bluff CA 96080



Thank you to the **Masonic Vespers Lodge #84** for their recent generous donation!

Are you thinking of donating to FCC? **May is Mental Health Awareness Month.** Your donation can help those struggling with mental health needs as a result of the pandemic. Even in these uncertain times FCC is committed to serving our community!

For more updates visit our facebook page:  
[www.facebook.com/fcc.rb.1](https://www.facebook.com/fcc.rb.1)

