



Family Counseling Center

Summer News 2021

www.fccredbluff.com 530-527-6702



Mental Health Awareness Month

A big thank you to our donors who contributed to our Mental Health Awareness Month fundraiser. Our goal was to raise funds for 31 sessions during the 31 days in May. We not only met our goal, but we exceeded it! Thank you to Round Table Pizza for your support by letting us have a pizza fundraiser night, it was very successful!

Donations from fundraisers like this (and others) have helped us recently fund a group therapy session for those impacted by the Walmart DC shooting.

We have been able to support many parents dealing with school changes and routines impacted by COVID-19. We have seen many children dealing with anxiety and depression and have offered support tools for them and their parents.

Save the Date! Thursday, October 7th, 2021

Moving Forward for Mental Health

This year we will once again be caravanning around town bringing thank you gifts to our wonderful donors and sponsors. If you are thinking about donating NOW is the time! Not only do you get a lovely gift basket of local items delivered to you by FCC staff, your business can receive recognition on our Facebook page and promotional poster. With your support of this event we can make mental health services affordable! Last year's generous sponsors helped us raise over \$10,000!!!!



COMMUNITY SUPPORT

Are you a community-minded business owner? Are you interested in being a sponsor for Harvest for Health? Give us a call and we can get you connected with all the info to do so. Your support helps us reach community members in need of mental health services! Thank you to our previous donors who continue to help us meet our mission.



Family Counseling Center
1347 Grant St.
Red Bluff CA 96080



MEET A THERAPIST

Lillian Castro is a Licensed Marriage and Family Therapist. She is Spanish speaking and works with families, couples, children, and individuals. She sees clients at of our Corning office and also in Red Bluff.

For more updates visit our facebook page:
www.facebook.com/fcc.rb.1

