

# Fresno Family Counseling Center

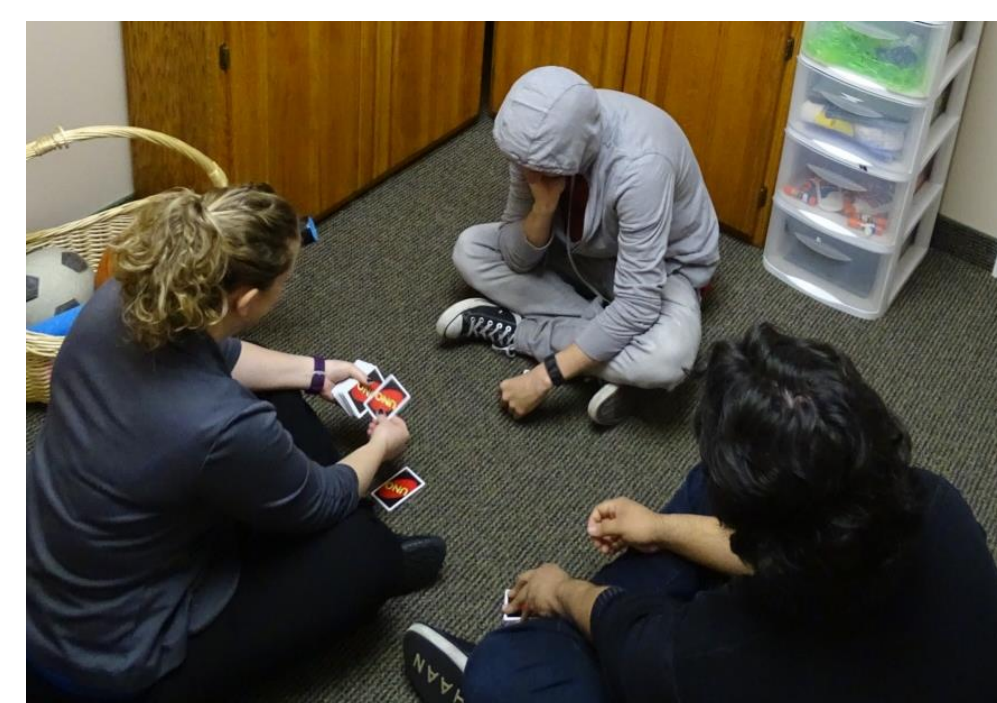
“Our purpose is to provide quality professional therapy to help promote healthy lifestyles one step at a time.”



The Fresno Family Counseling Center (FFCC) has been providing low-cost, high-quality counseling services to residents of Fresno County and the surrounding area for more than 34 years, while providing highly structured, intensely supervised training to graduate students enrolled in the MS in Counseling: option in Marriage, Family and Child Counseling (MFCC) program.



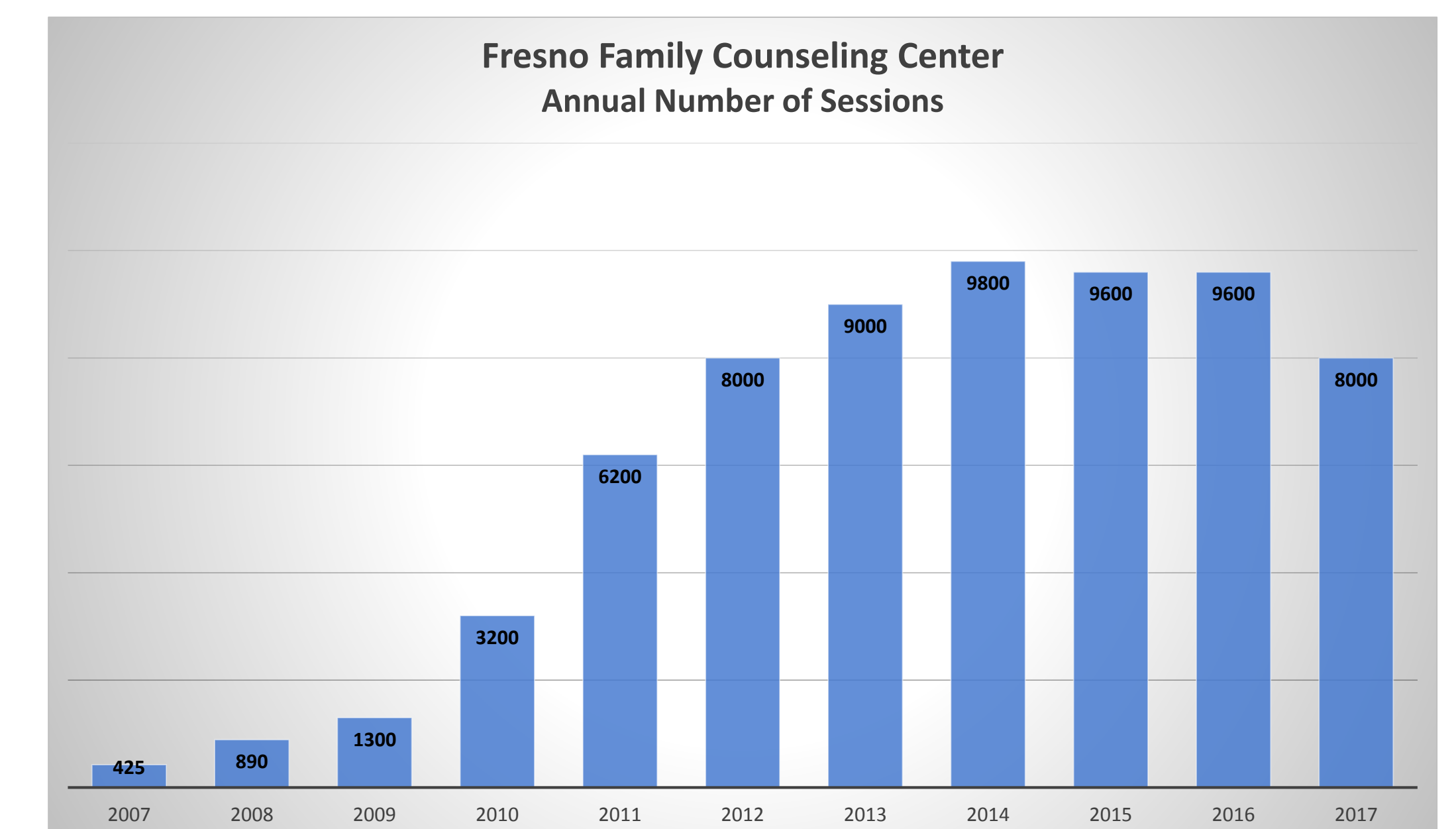
The center's belief is that as monies for mental health services become increasingly limited, due to budget shortfalls, developing innovative and fiscally efficient delivery systems that ensure needed services remain intact becomes imperative.



## Did you know?...

- Fresno Family Counseling Center has provided 46,000 therapy sessions in the last 5 years.
- The center began a partnership in 2017 with the Mexican Consulate to reduce mental health stigma by providing outreach services and psychoeducation to the families they service.
- The center received a grant in 2017 through the Economic Opportunities Commission (EOC) to provide crisis stabilization services to the homeless male population between the ages of 18-24.
- Children and Families from 53 different schools and 6 different school districts are currently accessing services.
- A full 67% of those served fall at or below the federal poverty level.
- Our services include Individual, Family, Couples, Child, and Group Therapy.
- All services are provided in both English and Spanish.
- University-sponsored counseling centers modeled after Fresno Family Counseling Center have been established in Bowling Green, Kentucky and Vancouver Canada.
- The center established a collaborative research venture with the Theraplay® Institute to provide specialized play therapy sessions focused on adoptive families.

Our program is uniquely positioned to address the emotional wellbeing of those most vulnerable in our society while serving as a model of how universities can engage with the community in a positive and meaningful way.



Fresno Family Counseling Center provides a full range of counseling services addressing issues related to social, marital, and family adjustment. We serve children, individuals, couples, and families.

