

Family Counseling Service of the Finger Lakes, Inc.



Annual Appeal 2024

Help support the growing
need for mental health therapy
and advocacy in our area.

Family Counseling Service of the Finger Lakes, Inc


Dear Friends and Neighbors,


There are few people who haven't been impacted by all we are faced with today; these are very heavy times for a lot of people. It is our hope that you have a strong support network around you to help you through challenges when they arise. However, if there is ever a time when you recognize you are needing more, it is extremely important to us you have immediate access to FCSFL services to help you through difficult times, whether that be loss, grief, depression, family issues, a traumatic event, victimization, or abuse.

Today, there are so many people in need of our services as evidenced by the significant increase of individuals and families seeking services; unfortunately, we do not have the capacity to support the significant challenges our friends and neighbors are facing, and we need your help!! Your donation can provide help for your friends and neighbors and invest in services you may need at some point in your life.

FCSFL is a sought-out service provider because we invest in the professional development of our team to provide the most innovative and impactful services to those who come to us in need. Help us to help you and others by making a gift of \$500, \$300, \$100, or even \$50 today. It truly takes community-wide investment to support healing- centered communities. Thank you in advance for your ongoing support and investment in these impactful services offered by FCSFL.

With much gratitude,
Barb Pierce-Morrow, President/CEO


Diana Johnson, VP of Finance


Ashley Lewis, VP of Operations





President & CEO Barb Pierce-Morrow with Governor Hochul at the Women's History Month reception at the Executive Mansion

Help For Today. Hope For Tomorrow.

Your Health. Your Choice. Your Voice.

Community Impact



FCSFL awarded the 2023 Ontario County Humanitarian of the Year Award
Ashley Lewis, VP of Operations, Maria Peralta, Bilingual Community Advocate,
Barbara Pierce-Morrow, President/CEO, Emily White, LGBTQ+ Coordinator

After hearing about our services from another client, “Rosita” came to FCSFL for assistance regarding an abusive partner. She didn't know how to speak or write English.

She presented with multiple needs: safety, homelessness, long term housing/shelter, food, clothing and had very little community support.

She started working with our Bilingual Services Advocate who is dual-trained in providing domestic violence survivor services and bilingual translation services. Together they were able to find immediate safe housing. Our Advocate accompanied Rosita to Ontario County Department of Social Services to assist her with obtaining the financial assistance needed to obtain housing.



Our Advocate also supported Rosita in connecting to Geneva Housing Landlord, local food pantries and other community resources that would assist her with basic needs and the community support she desperately needed.

Today, Rosita’s resilience is in full display. She is enjoying her own apartment, has her driver’s license and owns her own car.

*Name changed to maintain client confidentiality.

Individual, Couples and Family Support Services

Therapists, Advocates and Care Coordinators work collaboratively to provide a holistic approach based on the unique needs of every individual and family who comes to us in need. Direct Services are provided at our eight office locations within our five county service area and via telehealth. FCSFL services have also been integrated within multiple school districts, County Departments of Social Services and Child Advocacy Centers across our service area. All services provided are confidential, trauma-informed and healing centered.

FCSFL provides LGBTQ+ and Hispanic Bilingual specialized therapeutic, advocacy and care coordination services. FCSFL contracts with and receives grant funding from county, state and federal agencies allowing FCSFL to provide many of our services at little or no cost.



Therapeutic Services

Licensed master's-level therapists use a variety of therapeutic approaches and counseling techniques based on individual and family needs and comfort level, including traditional Talk Therapy, meditation techniques and self-empowerment exercises. Therapists assist individuals and families in coping with relationship difficulties, personal stress, work-related stress, depression, grief, trauma including but not limited to domestic violence and child and adolescent sexual abuse, parent-child conflict, school related problems, bullying, and almost any other life challenge. School Based therapists receive training in evidence-based and restorative practices within multi-tiered systems of support.

Advocacy Services

Domestic Violence Victim Advocates strive to empower clients and their children by building skills for self-sufficiency and increasing self-worth and are provided with the following person-centered services based on the patterns of coercive control: Domestic Violence education, safety planning, connection to internal and external resources, transportation to necessary services related to victimization, support group, assistance with family court petitions, accompaniment and information about rights, options and resources.

School Based Advocates support, assess and identify basic needs, challenges and strengths within our clients' family, community and school settings providing education, support and resources. Advocates assist families in multi-system navigation and education and promote healthy partnerships between school, student, and family. They receive training in evidence-based and restorative practices within multi-tiered systems of support.

Community Support Services

Care Coordination

Care coordinators support assessment of social emotional and mental health needs to best link individuals with the most appropriate service(s), while identifying potential barriers to necessary services.



Employee & Employer Support Services

Employee & Employer Support Services Program offers multi-layered supports for your employees, management, leadership, and through cross-sector workshops. These healing centered services promote resiliency for those who have experienced any of the wide array of life challenges - including but not limited to adversity, trauma, abuse and/or loss. This high-quality work is achieved through general therapeutic services and specialized trauma therapy, advocacy and/or care coordination services. Trauma and adversity are growing public health concerns that impact all. Using a trauma-informed and healing centered approach within organizations is critical to the long-term success and well-being of an organization and its staff. The benefits to an organization can include increased work satisfaction, employee retention, and stronger invested teams with a shared vision.



Workforce Development and Training

FCSFL applies our expertise, vast knowledge and years of experience in providing consultation and training to regional and statewide agencies. These healing-centered evidenced-based best practices guide and support employees and leaders to strengthen organizational health and culture, and reduce staff, client and family re-traumatization by adopting trauma-informed, trauma-sensitive and healing-centered practices.



www.fcsfl.org/trainings

Our Mission

To provide professional counseling and support services to individuals, children and families to improve the quality of their life at home and in the community.

FCSFL is an employer of choice and invests in providing ongoing support, specialized training, education and professional development of staff, ensuring they have the tools to provide the most impactful support and services to the individuals and families we serve.

FCSFL is committed to diversity, equity and inclusion, and provides an environment that embodies these principles. We commit to hiring staff, recruiting board members, volunteers and interns who encompass various backgrounds to keep the presence of diversity in the forefront of our work with the goal of being a model organization in our community. As such, applicants from historically under-represented groups are highly encouraged to apply.

We strive to attract talented personnel from diverse backgrounds and traditions, particularly of race and ethnicity, gender, gender identity, sexual orientation, nationality, culture, and physical and mental abilities.

FCSFL recognizes the widespread impact of trauma and understands potential paths for recovery and all staff, regardless of title are trained in evidence-based trauma-informed care practices.

Please visit FCSFL.ORG to view current employment, volunteer and Board Membership opportunities!!



Proud to be a
COMMUNITY IMPACT PARTNER



Contact Information

Geneva

supporting appointments in
Victor and Seneca Falls
Phone: 315-789-2613

Canandaigua

supporting appointments in
Rochester and Penn Yan
Phone: 585-394-8220

Newark

supporting appointments in
Sodus
Phone: 315-331-8493

24/7 Domestic Violence Victim Crisis Hotline
24/7 Línea Directa de Crisis para Víctimas de Violencia Doméstica
1-800-695-0390

Serving Ontario, Wayne, Monroe, Seneca, & Yates Counties



Your Donation is Greatly Appreciated!

Please return to: 671 South Exchange St, Geneva, NY 14456

Name: _____

Address: _____

Email: _____

Phone Number: _____

Payment Method:

___ Cash

___ Check, payable to Family Counseling Service of the Finger Lakes
Mobile App

___ Paypal @fcsfl ___ Venmo @Fcsflorg

Credit Card, visit our website at fcsfl.org/donate for secure checkout

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Billing Address _____

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Signature _____

I would like to be a Sustaining Donor and provide ongoing support to
FCSFL. Please charge my credit card on a ___ monthly ___ yearly basis.

Donation Amount

___ \$50 ___ \$1000

___ \$100 ___ \$2500

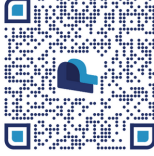
___ \$250 ___ \$5000

___ \$500 Other: _____

Please notate if you would
like your donation to fund a
specific service(s).

Family Counseling Service
of the Finger Lakes, Inc

ONTARIO, WAYNE, MONROE, SENECA & Yates COUNTIES



fcsfl.org/donate

venmo

Family Counseling Service of
the Finger Lakes, Inc.
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Thank you for supporting
our community.

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