



SCHOOL-BASED MENTAL HEALTH COUNSELING

ABOUT US

Family First is a psychotherapy practice based out of Garden City offering individual, couples and family therapy. Family First also offers their expertise to school districts to help meet their social emotional learning goals by working directly with students and their families. Family First understands the importance of uninterrupted care during difficult life transitions and adjustments along with the obstacles families face when trying to engage with referrals to outside services. Partnering with Family First facilitates this process for families and brings school districts to a new level of offering well-rounded counseling services to their student body in school and remotely.

WHAT SCHOOLS ARE SAYING

"FCA's Family First counselors have been working with the guidance departments from our elementary, middle, and high schools, along with the Director of our World Language Department, to address the unmet social emotional needs ELL students and their families are experiencing. Having their counselors in-school allows for an increased sense of comfort for students and families to engage in counseling services instead of having to be referred elsewhere."

-Christopher Zublionis, Ed.D. Assistant Superintendent for Instruction, North Shore Central School District

Individual/Family Counseling

School personnel are not always available to meet with students or their parents to discuss difficult life transitions, adjustments and more personal concerns. Our counselors can coordinate individual and family counseling sessions in school during hours that work for the whole family.

Bilingual Counseling

Spanish speaking therapists are available to meet the growing social emotional needs of the ELL population.

19% of students in grades 9-12 reported being bullied on school property in the 12 months preceding the survey

Suicide was the second leading cause of death among individuals between 10 and 24



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