



## FAMILY & CHILDREN SERVICES

# OUR CIRCLE OF SUPPORT

### Organization Overview

## OVERVIEW

Since **1948**, we have provided counseling, caring, and support to children, youth, and adults in Silicon Valley, particularly those who might not otherwise be able to afford care.

We help children and adults cope effectively with depression, addiction, and chronic mental or physical illness. We aid families in overcoming domestic violence and child abuse, teaching them how to build safe, healthy relationships. We counsel and assist our community's veterans, LGBTQ youth, and young people aged 16-21 as they emerge from the foster care system into independence. When traditional resources prove too expensive or fragmented to fully serve community members' needs, Family & Children Services is here.

Our **MISSION** is to build strong, safe, and self-sufficient individuals, families, and communities.

Annually, more than **6,000** children, youth, and adults receive counseling, caring, and support.

Our **PARTNERS** include the County of Santa Clara, County of San Mateo, Valle Monte League, United Way Silicon Valley, the City of San Jose, the City of Sunnyvale, FIRST 5 Santa Clara County, San Jose Veterans Center, Billy DeFrank LGBT Center, Community Solutions, Senior Housing Solutions, Law Foundation of Silicon Valley, public and private schools, childcare programs, area employers, and many more.

## LOCATIONS & CONTACT INFORMATION

### Palo Alto:

650-326-6576

375 Cambridge Avenue  
Palo Alto, CA 94306

2248 North First Street  
San Jose, CA 95131

### Online:

[www.fcservices.org](http://www.fcservices.org)

### San Jose:

408-292-9353

950 West Julian Street  
San José, CA 95126

The Hub / ILP  
938 The Alameda  
San Jose, CA 95126

[info@fcservices.org](mailto:info@fcservices.org)

408-899-5207 VideoPhone

2226 North First Street  
San Jose, CA 95131

LGBTQ Youth Space



[www.facebook.com/fcservices.sv](http://www.facebook.com/fcservices.sv)

## MANAGEMENT

Diana Neiman, *Chief Executive Officer*  
Julie Daul, LCSW, *Director of Program Services*  
Jamie Hyams, *Associate Director for Advancement*  
Howard Lagoze, *Director of Operations*

## OFFICERS, BOARD OF DIRECTORS

James Ochsner, *Chair*  
Thomas Ream, *Vice Chair*  
Tim Sarhatt, *Secretary*

## PROGRAMS & SERVICES

### Counseling & Mental Health Services

- Individual and group therapy, including psychiatric care, for individuals, couples, and families
- Specialized services for children and adults who are Deaf or Hard-of-Hearing and their family members, veterans and service members, and LGBTQ (gay, lesbian, bisexual, transgender, and questioning) youth.
- Court-Based Services: In the Mental Health Court, we help adults with mental illness to achieve stability and reduce the chance of returning to jail.
- Workplace Services (EAP - Employee Assistance Program): We bring workshops and consultations to workplaces and offer a mental health benefit program to support employee wellness.



### Family Violence & Abuse Prevention Services: The Positive Solutions Program

- Parenting education: Our Parenting Without Violence classes, Nurturing Parenting Program, and other parenting classes promote safety, empower parents, and build healthy relationships.
- Domestic Violence Offender Treatment and Child Abuse Treatment: Education and counseling in relationship skills, conflict resolution, stress management, and child development to help domestic violence and child abuse offenders create healthy, safe relationships.
- Anger management and accountability



### School-Based Services

- Families and Schools Together (FAST): This family-focused program focuses on at-risk children who are falling behind in school. Offered in partnership with elementary schools, FAST increases children's self-esteem, improves academic performance, and strengthens family connections.
- School-Based Counseling Services: Our on-campus mental health, staff training, violence prevention, and family support services assist students coping with depression, stress, anxiety, peer and family issues, disruptive behavior, and trauma. Specialized services support the needs of children and youth with severe mental illness or emotional disturbances.

### Support for Youth Emerging From Foster Care

- Independent Living Program (ILP): Intensive one-to-one support to assist Santa Clara County youth in transitioning successfully from foster care into independent living. Services focus on employment, education, health and wellness, money management, and housing.
- ILP Wellness Services: Counseling services for emancipated youth.
- The Hub: A community center for current and former foster youth.



### Substance Abuse Treatment Services

- Outpatient treatment for adults.