OUR MISSION

To empower and support individuals and families to move toward resilience, wellness, and independence.

Founded in 1948, FCS is dedicated to ensuring our behavioral health services are accessible, effective, responsive, and affirming to the needs, cultures, and goals of the people we serve.

FCS is a division of Caminar, a nonprofit organization that is empowering individuals to move from crisis to independence in San Mateo, Santa Clara, San Francisco, Solano, and Butte counties.

CONTACT US

650.326.6576
375 Cambridge Avenue, Palo Alto 94306

408.292.9353
950 W. Julian Street, San Jose 95126
2202 N. First Street, San Jose 95131
2218 N. First Street, San Jose 95131
2226 N. First Street, San Jose 95131

408.343.7940
LGBTQ Youth Space and LGBTQ Wellness
452 S. First Street, San Jose 95113

VideoPhone (Deaf/Hard-of-Hearing)
408.899.5207

We also partner with K-12 schools, community centers, family resource hubs, and the justice system to bring services on-site, making it easier for individuals and families to access and connect with counseling, resources, and support to move toward wellness, resilience, and independence.

Caminar

FCS is a division of Caminar, a nonprofit organization offering effective, people-centered services in Santa Clara, San Mateo, Solano, San Francisco, and Butte counties. www.caminar.org

OUR SERVICES

for Individuals of All Ages and Families

www.fcservices.org

Strengthening families.
Changing lives.

Locations in San Jose and Palo Alto
www.fcservices.org
OUR SERVICES

Individual & Family Counseling
Children, teens, and adults receive professional assistance with depression, anxiety, trauma, relationships, and other emotional and mental health concerns. Sliding fee scale services are available.

Family Violence & Abuse Prevention
We work to end the cycles of domestic violence and child abuse by teaching children, parents, and partners skills and tools for building healthy, safe relationships. We also offer confidential counseling, support groups, and advocacy for survivors of domestic violence.

Substance Use Disorder Services
We partner with young adults and adults on the journey of recovery from drug or alcohol addiction. Experienced clinicians provide a safe and supportive space in which to explore attitudes and patterns and build skills to manage personal challenges effectively.

Services for LGBTQ Communities
Our LGBTQ Youth Space’s drop-in center, peer support, leadership development, counseling, and community outreach and education services are tailored to the needs and goals of lesbian, gay, bisexual, transgender, queer, or questioning youth and young adults.

LGBTQ Wellness offers multigenerational wellness support and advocacy services.

School-Based Services
In partnership with K-12 schools and students’ families, we address students’ at-risk behavior, build resiliency, and strengthen protective factors against drop-out, abuse and neglect, and the development of mental health conditions.

ABOUT US

Since 1948, FCS has provided counseling, support, and prevention services to benefit the health and well-being of children, teens, and adults in Silicon Valley.

Our service area includes Santa Clara County and southern San Mateo County.

We provide a safe, confidential way for people of all ages to work toward their wellness goals, while building resiliency and networks of support.

We balance proven practices with innovative therapeutic strategies to deliver optimal, personalized care. Services are available in multiple languages.

SPECIALIZED SERVICES

We offer specialized, culturally-appropriate, and trauma-informed services for:

- People with complex, co-occurring needs, such as mental health and substance use disorders
- Youth at-risk of gang involvement or drop-out
- LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning) communities
- Children, teens, and adults who are Deaf/Hard-of-Hearing and their family members

“I felt like I have a positive future ahead of me.”
An adult participant

YOU CAN HELP

Make a Gift
Your tax-deductible donation will strengthen our circle of support for children, teens, and adults.

Advance mental health and well-being, giving people of all ages skills and tools to move toward increased wellness, resilience, and independence.

Volunteer
Volunteers make it possible for us to do more for the people we serve. Invest your skills and talents and help us change lives!

Join one of our event committees, help out with special projects, apply your professional skills, or take part in our outreach and education efforts.

For More Information
Visit www.fcservices.org and www.caminar.org
Email info@fcservices.org
Call 650.513.1509
Donate Online www.fcservices.org