



Counseling Programs

FCS has a long history of providing counseling and case management services and all our programs are based in clinical practice.

Community-Based Counseling (CBC): FCS provides low and no-cost individual and family counseling services where they are needed most, both at our FCS offices and at numerous community-based partner locations. Therapists cover a full range of concerns from family counseling to domestic violence and substance abuse. Current partners include the YWCA and Metro Police (domestic violence), Nurses for Newborns (at-risk young mothers), and Conexion Americas (the Hispanic community), and numerous others.

Family Focused Solutions (FFS) helps families receiving TANF (Temporary Assistance for Needy Families) overcome barriers to self-sufficiency, allowing them to end their dependence on welfare assistance. Participants address mental health, domestic violence, alcohol and drug use, learning disabilities, and child behavioral and health issues.

Survivors of Suicide Loss (SOSL) weekly support groups are offered at no cost to those who have lost a loved one to suicide. As many as one in four survivors of suicide will attempt suicide themselves, if they are not supported during the recovery process. These groups offer the healing of shared experience in a safe environment.

The Crisis Line (615-244-7444) is staffed by trained Crisis Specialists that provide free and confidential telephone counseling to anyone experiencing a crisis, 24 hours a day 7 days a week. Counselors assist callers coping with thoughts of suicide, grief, depression, anxiety, domestic violence, divorce, parenting problems, addiction or serious mental illness. Interpretation is available for all callers.

Wendy's Wonderful Kids (WWK) recruits adoptive parents for children in need of a "forever family". These children are usually older youth that have experienced numerous temporary foster home placements and have often endured severe emotional or physical trauma, requiring a significant investment from the case worker, adoptive family, and child to work toward a successful adoption.

Community-Based Programs

FCS is committed to taking its services to where they are needed most. Our Community-Based Programs are located at partner agencies or delivered directly to clients throughout the communities we serve.

The Davidson County Relative Caregiver Program (DCRCP) provides emotional and practical support for children whose parents cannot care for them due to substance abuse, abandonment, incarceration, mental illness and other reasons. The program also supports caregivers, most of whom are grandparents, and many of whom are struggling with their own health and financial challenges. The goal of the program is to keep these fragile families together and these children out of the child welfare system.