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Follow us on Instagram

[@setitupinc](https://www.instagram.com/setitupinc)

For More Information Visit

www.setitupinc.com



WHO WE ARE

At Set It Up Inc., we're dedicated to equipping you with the tools you need to thrive. Our programs are designed to meet you where you are, whether you're looking for therapeutic support, skill-building groups, parent workshops, educational trainings, or other empowering resources. Whatever your goals, we're here to help you set yourself up for lasting success.



A mental health collective fusing counseling and education services to help you grow from within.

OUR APPROACH

Founded in 2025 by Gabriella Mullady Fink, MA, LPC, NCC, ACS, a licensed professional counselor and dual-certified Elementary and Special Education teacher, Set It Up Inc. was built from a vision years in the making. With a background spanning across education and mental health, Gabriella has long dreamed of creating a supportive space where these worlds come together. Set It Up Inc. is the result: a safe,empowering environment where individuals and families can access the tools they need to grow and thrive.

MEET THE TEAM

Our team includes certified school counselors, school social workers, former educators, and child study team professionals who bring extensive experience supporting children and families.

OUR MISSION

Set It Up, Inc. is a life long passion. Our mission is to create inclusive, supportive spaces where individuals feel seen, heard, and valued. Rooted in compassion and collaboration, we are committed to promoting mental well-being and educational empowerment through community-driven efforts. We honor each person's unique identity and journey, fostering personal growth, collective healing, and lifelong learning. Together, we cultivate environments where authenticity is embraced, connection is nurtured, and transformation is possible.

INDIVIDUAL SERVICES

Individual Therapy

Personalized support for children, adolescents, and adults to address challenges such as anxiety, emotional regulation, confidence, and life transitions. In Person session & virtual sessions available for New Jersey. Virtual sessions available for Rhode Island clients.

Family Sessions

Guided sessions that help families strengthen communication, improve relationships, and work through challenges together.

Parent Coaching & Training

Practical strategies and individualized guidance to help parents better understand their child's needs, manage behaviors, and strengthen the parent-child relationship.

GROUPS

Social Skills Groups

Small groups where children & teens practice communication, friendship skills, emotional awareness, & problem-solving through engaging activities.

Executive Functioning Groups

Skill-building groups focused on organization, time management, planning, attention, & goal-setting to help students succeed academically & socially.


WORKSHOPS

Professional Development for Schools

Interactive trainings and workshops for educators and school staff on topics such as student mental health, emotional regulation, communication, and classroom strategies.

Corporate Workshops

Engaging workshops for organizations focused on stress management, communication, teamwork, and workplace wellness.



“We found the world lacking a safe space, so we created one.”