

Westchester Mental Health Guild 2019 Annual Meeting

This year's Westchester Mental Health Guild **Annual Spring Meeting** is scheduled for **May 15, 2019 at 11:30am** at Covenant Presbyterian Church. Our guest speaker is **Nicole Barkopoulos**, who will be discussing the stressful transitional period of the aging adult population using meaning-centered therapy.

Nicole is a Marriage and Family Therapy Associate who has been at AMCS for 2 years. She has had the opportunity to train in the Initial Consultation track, the Immediate Intervention track, worked with youth and currently runs groups for the clinic. She has facilitated the Self-Esteem Group, the Medication Support Group, the Holiday Group, and will be starting the 50+ Know Your Why Group. She currently works at a Crisis Residential Treatment Program as the therapist on staff providing case management and therapy from a Trauma-Informed perspective.

Nicole's long term goals are to work with the underserved young adult population, assisting them through that stressful, transitional period of their lives where many mental health disorders tend to surface, as well as doing the same for the aging adult population. *"I plan to incorporate meaning-centered therapy no matter what population I work with, as finding meaning can help us all through both terrible and wonderful times."*