

Press Release: Westchester Mental Health Guild

Members of the community are invited to hear therapist Nicole Barkopoulos speak on “Dynamic Aging and the Quest for Fulfillment” at the Westchester Mental Health Guild’s annual membership meeting on **Wednesday, May 15, 2019, at 11:30 a.m. at the Covenant Presbyterian Church, 6323 West 80th Street**, Westchester, California.



Ms. Barkopoulos is an Associate Marriage and Family Therapist who has been on the staff of Airport Marina Counseling Service (AMCS), our local mental health counseling facility, since 2016. During that time, her responsibilities have included, among other things, facilitating group therapy sessions known as “50+ Know Your Why,” and also working with underserved aging people to assist them through the stressful transitions of their lives, incorporating meaning-centered therapy. A short question-and-answer period will follow her talk.

A light lunch will be served during the meeting in the Westminster Hall. There is no charge to attend the meeting, but reservations are requested by May 8, 2019, by email to info@westchestermhg.org.

The Westchester Mental Health Guild is a nonprofit 501(c)3 organization, incorporated in 1962, to raise funds to support AMCS and otherwise support good mental health. All the Guild’s fundraising events support AMCS, which provides thousands of hours of child, adult and family mental health services to people in our local communities, and also trains therapists. For more information, go to www.westchestermhg.org or to www.airportmarina.org.

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