

Maureen is a graduate of Walden University where she received her Master's degree in Advanced Clinical Social Work (MSW). She has been serving the mental health community for 5 years.

Prior to Walden, she earned her Bachelor's in Social Work from Shaw University (BA). She also obtained an Associate's Degree in Human Services which enhanced her passion to help children, adults, and families. She started working with children at an afterschool program where she was quickly promoted as the Educational Director in 2018. During that time she was able to assist children with their educational needs, as well as contribute to their growth and development.

Her journey continued as a peer support specialist where she assisted individuals with mental illness create personal goals, identify triggers, and problem solve through critical life issues.

Maureen finds pleasure in singing, listening to music, watching Grey's Anatomy and old sitcoms from the 90's.

Maureen is currently seeing individuals for in office appointments and virtual appointments through a secure HIPAA compliant platform. Her target populations consist of families, youth/adolescents and college students.

Here is a Note from Maureen!

If you are seeking counseling, I want to commend you on taking the first step to a healthier you. The basic approaches that I prefer to use are Cognitive-Behavioral therapy, Acceptance Commitment therapy, and Solution-focused. Your sessions will focus on self-awareness, goal setting, self-care, and promoting of healthier behaviors.

I thank you in advance for the opportunity to work together.

See you soon!