



DEPRESSION

STRESS & ANXIETY

TRAUMA & ABUSE

WORKPLACE BULLYING

PARENTING & FAMILY DIFFICULTIES

ADJUSTMENT & TRANSITIONS

MINDSET & BEHAVIOUR CHANGE

Learn powerful psychological strategies to maximise your potential for an energised, meaningful life.

**Medicare rebates available with a GP referral.**



**Dr. Kylie Brownfield**

BSc, MSc, DPsych (Clinical), MAPS

**Clinical Psychologist**

**m.** 0433 77 77 23

**e.** [kylie@themindfulclinic.com.au](mailto:kylie@themindfulclinic.com.au)

1276 Nepean Highway, Cheltenham VIC 3192

**e.** [info@themindfulclinic.com.au](mailto:info@themindfulclinic.com.au)

**p.** 8555 0655 **f.** 8456 6577

[themindfulclinic.com.au](http://themindfulclinic.com.au)