



**DEVELOPING MINDS**  
**PSYCHOLOGY AND EDUCATION**  
Helping kids & teens learn life skills & manage tough times  
[www.developingminds.net.au](http://www.developingminds.net.au)

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### **Many kids and teens have times when they:**

- Feel worried, anxious, overwhelmed and stressed
- Have trouble managing frustration or find it difficult to cope with expectations
- Struggle with friendships or peer relationships
- Feel sad, down or insecure about themselves
- Find school, learning or homework challenging
- Have to cope with traumatic events
- Are managing challenges with mental health or neurodivergence

**Our psychologists help children, teens (and their caregivers) to cope with emotional health challenges and feel better.**

We have 23 child and adolescent psychologists working at our clinics at ABERFOYLE PARK (Hub Shopping Centre) and WAYVILLE (Bartley Cres).

For information or to make an appointment call us on **8357 1711**  
or email admin [@developingminds.net.au](mailto:admin@developingminds.net.au)  
(we now also see parents for parenting-related distress)

**\*Short waiting times\***