



- **Comprehensive Psychiatric Services**
 - Medication management tailored to individual needs
 - Psychotherapy available for a range of mental health conditions
 - Treatment for anxiety, depression, ADHD, trauma, mood disorders, and more
- **Care That Fits Your Life**
 - Convenient virtual and in-person appointments
 - Flexible scheduling to meet your needs
 - Serving adults, teens, and children
- **Insurance-Friendly Practice**
 - Accepting most major insurance plans
 - Affordable self-pay options available
- **Kind, Caring, and Personalized**
 - We listen without judgment
 - Compassionate support from a trusted clinical team
 - Focused on whole-person care, not just symptoms

Get in Touch

We provide a wide range of mental health services for our clients and offer confidential services to meet your mental health needs.

📍 969 Park Ave. Suite 10, New York, NY 10028

📍 622 Valley Rd. Suite 51 Upper Montclair, NJ 07043

✉ MindfulCognition@gmail.com

Call: 201.667.2197