

Thriving through menopause

with the right support

Menopause is a natural stage of life, but it doesn't have to be faced alone.

Whether you're experiencing symptoms or supporting a friend, family member, or colleague, we offer tools, guidance, and counselling to help you feel heard, healthy, and empowered.

Converge can help you with:

- Emotional and psychological wellbeing
- Coping with physical symptoms
- Identity and life transitions
- Relationships and communication
- Stress management and lifestyle
- Cultural and social context

 1300 729 689

Call Converge and book an appointment with a dedicated menopause specialist.

Care Anytime Anywhere

Converge 

