

WHY CHOOSE PARAGON PSYCHCONNECT?

- **Personalized Care:** Our Women's Health Program offers tailored treatment plans to meet your unique needs and goals.
- **Holistic Approach:** We integrate evidence-based psychological interventions with holistic wellness practices to support your overall well-being.
- **Confidentiality and Respect:** Your privacy and confidentiality are our top priorities, and we provide a safe and supportive environment for open discussions.
- **Merging Science and Creativity:** We keep up to date on the latest research but also make therapy fun.
- **Compassionate Team:** Our team is dedicated to providing compassionate care and empowering you to live a fulfilling life.



OTHER PROGRAMS

8-WEEK PAIN PROGRAM

Managing Persistent Pain & Function

PAIN EDUCATE & PAIN PREVENT

Early Intervention program for pain

MEERKAT ANXIETY PROGRAM

Retraining the anxious brain

DRIVER ACTIVES

Driving after an accident

ADHD

Thriving, not just surviving!

FOR MORE INFO

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Women's Health Empowering Women



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WELCOME TO WOMEN'S HEALTH THERAPY AT PARAGON PSYCHCONNECT

Research shows that 45% of females aged 16–85 and over, report having a mental disorder at some point in their lifetime.

The most common disorders experienced are anxiety (35%) and mood (affective) (18%) disorders.

Based on the latest NSMHW, for females aged 16–85:

- 1 in 4 (25%) had any 12-month mental disorders (ABS 2022j)
- 21% reported an anxiety disorder within the 12 months prior, higher than males at 12% (ABS 2022j)
- 12-month mental health disorders varied by age, with almost half (47%) of females aged 16–24 having a 12-month mental health disorder, compared to 21% of those aged 35–44, and 13% of those aged 65–74 (ABS 2022k).

Whether you're experiencing relationship problems or living with trauma, the first step to feeling better is to schedule an appointment with an experienced psychologist. When it comes to choosing a therapist, it's essential to find someone you feel comfortable opening up to.



At Paragon PsychConnect, we believe in empowering women to take charge of their health and well-being. Our Women's Health Therapy is designed to provide comprehensive support and resources to help you thrive physically, emotionally, and mentally.

Our experienced psychologists, Maria Polymeneas and Suzanne McKenzie are here to guide you on your wellness journey, addressing a wide range of issues specific to women's health, including:

- **Mental Health:** Managing stress, anxiety, depression, and other psychological challenges.
- **Reproductive Health:** Supporting fertility, pregnancy, childbirth, and menopause.
- **Body Image and Self-Esteem:** Cultivating a positive body image and promoting self-confidence.
- **Relationship Dynamics:** Navigating relationships, communication, and intimacy.
- **Work-Life Balance:** Finding harmony between career, family, and personal well-being.
- **Wellness Practices:** Incorporating mindfulness, self-care, and healthy lifestyle habits.



With over **three decades of expertise**, **Maria Polymeneas** brings a wealth of knowledge to her work. Her approach is refreshingly **down-to-earth**, making her a relatable and trusted guide for women seeking empowerment. Maria's passion lies in helping women discover their inner strength and become the architects of their own destinies. She firmly believes that **everyone can have wings to fly**—and she's here to help them soar!



Suzanne McKenzie is a woman with an unwavering passion for health. Every morning at 6 am, you'll find her diligently exercising, fuelling her commitment to well-being. Suzanne's mission extends beyond her own fitness journey; she thrives on **empowering women** in multifaceted ways. Her purpose? To guide and inspire women, helping them embrace their strength and to create their future.