



umfc
Upper Murray Family Care

Supporting children,
young people and families
in their time of need

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27-29 Stanley Street
Wodonga, VIC 3690
Telephone 02 6055 8000

Wangaratta
36 Mackay Street
Wangaratta, VIC 3676
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UMFC acknowledges the support of the Victorian, NSW, and Australian governments. We acknowledge the traditional custodians and Elders past and present, who have raised children and taught them about the world around them. We celebrate diversity and are committed to inclusion for all as a service and a workplace. We are a Child Safe Organisation.



Family Therapy

umfc

Supporting families
through their journey
towards growth and
connection

At Upper Murray Family Care (UMFC), we value all families and their unique qualities and stories. We do not define family; we support your family as defined by you.



Adapting therapy to varying needs and scenarios

The UMFC Family Therapy team consists of therapeutic professionals from various backgrounds all with further experience working with families and the broader social support system. They seek to walk alongside individuals and their families to achieve positive wellbeing, healthy relationships and sustainable change.

Our services include two streams of service; single-session family therapy and ongoing family therapy.

We provide a safe environment to build stronger and more positive connections and relationships with family and the wider community.

Single session family therapy recognises that families often engage only in brief support. Therapists approach each session as if it will be the only session, aiming to make the most of the time shared. Single session therapy can be a 'one off' appointment or it can be more.



How to make a referral?

You or a service supporting you, can request and submit a referral form via our email, familytherapy@umfc.com.au

Referrals to the family therapy program will incur a fee. Please contact us via email, familytherapy@umfc.com.au or call 02 6055 8000 for further details.

UMFC Family Therapy provides families with a space to work towards the changes they are seeking, such as;

- parent-child relationship repair;
- stronger sibling relationships;
- new ways to communicate as a family or to navigate conflict;
- healing after family trauma, violence, loss, separation, or other stressful life events;
- supporting families with mental health issues and/or drug and alcohol difficulty.

Sessions are designed specifically to support the family to achieve their goals. They can include parent/carer, child/adolescent, parent-child, sibling, couple or whole of family sessions.