



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

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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.

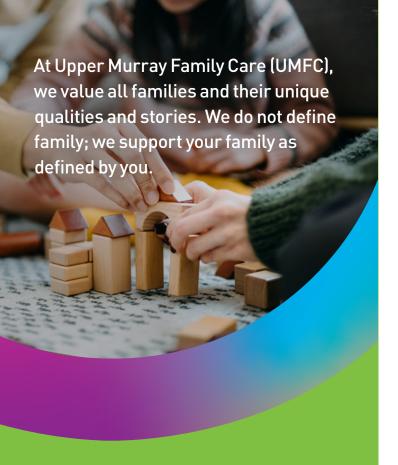
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Supporting families through their journey towards growth and connection



## 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.



## 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.