



WELCOME TO THE

BE CENTRE NEWSLETTER

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Amplifying the Reach of Play Therapy

A LETTER FROM THE CEO

Early interventions, like play therapy, is one of those things we know matters, but it is often the part of the system that receives the least attention and funding. By the time a child reaches adolescence, the need can be much more visible and complex. The opportunity to intervene earlier can easily be missed.

At Be Centre, we believe there is a significant opportunity to work with children who have experienced Adverse Childhood Experiences (ACEs) while they are still young, before difficulties become more entrenched.

Research from the Murdoch Children's Research Institute highlights the importance of this early window. Having any mental health concern between the ages of 9 and 16 increases the odds of developing multiple mental health disorders in young adulthood sixfold.

For us, early intervention is not just about treating a problem. It is about creating an opportunity for a child to be understood, supported and develop resilience before they need a more intensive level of care.

The challenge

Our challenge was that our ability to reach children was limited.

Be Centre receives no government funding, and our traditional clinic model in Warriewood is constrained by six therapy rooms and a team of 11 part-time therapists. There is only so much

therapy we can deliver from one building, no matter how great the need is beyond its doors.

We also believe Play Therapy is still widely misunderstood in Australia.

For children, play is a language. Particularly for younger children who don't yet have the vocabulary or emotional development to explain what is happening for them, play can be how they communicate their experiences, feelings and worries. Play Therapy gives a trained therapist the opportunity to interpret that communication and work with the child in a way that makes sense to them.

So we asked ourselves a simple question: **how do we take Play Therapy to more children, rather than asking more children to come to us?**

Amplifying what we do

Over the past 18 months, we have been building a model that allows us to extend our reach without simply building more clinics.



That includes:

- **Tele-Play Therapy** – extending access across NSW for children and families who cannot easily travel to face-to-face therapy.
- **Mobile outreach clinics** – taking therapy closer to communities where there is an identified need, without the overhead of establishing another permanent clinic.
- **Pre-school partnerships** – bringing the principles of Play Therapy into early learning environments, supporting educators and reaching children where they already are.

These models allow us to reach families who may otherwise miss out because therapy isn't available in their area, travelling is difficult, or the cost of accessing services is a barrier.

But expansion for us isn't about simply putting a therapist in more places. We are very deliberate about who we work with. We choose strong referral partners, make sure we are not duplicating existing services and look for opportunities where Be Centre can genuinely enhance what is already available to a community.



Our work is about impact and reaching communities where the need is greatest. We needed to find practical, cost-effective ways to bring Play Therapy to those communities, without allowing the realities of buildings, leases and overheads to become a barrier to the work.

Tania Taylor, Be Centre CEO



This is the amplification strategy: take what we know works and find smarter ways to reach more children.

Our founder, Deb Killelea, has always had a vision of making Play Therapy accessible to children regardless of their social or financial circumstances. We are proud of the progress we have made towards that vision over the past 18 months.

There is still a long way to go.

We want to continue growing our reach across NSW and working alongside communities that are telling us they need more support for children and families.

If you are a charity, service, government department, community advocate, or can help us make introductions to relevant authorities, we would love to hear from you. Please contact Tania at tania@becentre.org.au.



Kiddiwinks 'In-House Preschool Partnership'

SUPPORTING THE ADULTS WHO SUPPORT OUR CHILDREN

What if we could bring some of the principles of Play Therapy into a child's everyday environment, not just into the therapy room?

That's the thinking behind our partnership with **Kiddiwinks Play Laugh Learn**. It's an innovative approach that takes what we know about children, play and emotional regulation and **embeds** those principles into the everyday interactions between educators and children.

The journey starts with a two-hour, interactive workshop for up to 20 educators: **Creating a Culture of Connection**. Rather than telling educators what they should do when things get tricky, we focus on the how - practical strategies they can use in the moment, when a child is dysregulated, a conflict arises or emotions run high.

How we are inside really affects the children. As a parent, I've started applying this at home and have already seen the impact on my own children. I'd love for all our centre's parents to experience this.

Thank you so much for the wonderful training the other night. It was very insightful, and we've received great feedback from all educators who attended!

Toni Isaac, Owner

Kiddiwinks



But the workshop is only the beginning.

At the heart of this model is the belief that we need to support the adults who support our children. When educators feel supported, they are more able to remain regulated under pressure, build trusting and safe environments, and respond to children with greater confidence and ease. That benefits children, educators and the whole early learning environment.

It also creates a **stronger care ecosystem** around the child, **bringing together Educator, Play Therapist and Parent**. When parents understand what is happening for their child and how they can respond at home, the support becomes more consistent and meaningful.

The goal is simple: more regulated playrooms, more confident and supported educators, and children who feel understood and safe where they spend their days.

We have limited capacity, so please if you're a pre-school who is interested in talking to us about our workshops or an in-house service, get in touch at info@becentre.org.au.

How Parent Support is Changing Family Dynamics

SUPPORTING THE PARENTS AND CARERS WHO SUPPORT OUR CHILDREN

When a child is going through therapy, it can be difficult to know what is happening beneath the surface, what to expect from the process, or how best to respond at home.

That's why Be Centre **includes counselling for parents, carers and others who play an important role in a child's life, with your child's Play Therapy.** The service is available to families whose child is on our waitlist or attending Play or Art Therapy.

We know that children don't experience therapy in isolation. The relationships and environment around them matter too. Research into child psychotherapy has found that involving parents and carers in treatment can add to the benefits of child-focused therapy, while a strong therapeutic relationship is also associated with better outcomes.

Our parent counselling is not about telling anyone how to parent. It is a place to be heard, make sense of what is happening for your child and develop practical tools to support them through their therapeutic journey. It can also help strengthen communication and deepen relationships at home.

And we are seeing encouraging results. **82% of parents agree that their understanding of their role in their child's wellbeing has improved during their time with Be Centre, while 88% agree that their interactions with their child have improved.**

We have two dedicated Parent Counsellors, **Michelle Mott and Priscila Lumertz**, who provide individual counselling, couples counselling and group counselling.



I have been able to process my grief and loss and I have now able to parent the way I have always wanted to

Be Centre Parent



Importantly, there is no cost to families. This service is fully funded by our generous supporters, with particular support from the **Vernon Foundation.**

For us, supporting a child means supporting the people around them too. When the adults caring for a child feel heard, supported and better equipped, everyone has a better chance of moving forward together.



I think the biggest difference these sessions have made was just having a space where I could stop, breathe and talk about things rather than just trying to keep going.

Be Centre Parent



Be Centre's PR Outreach

BUILDING COMMUNITY AWARENESS AND REACH



A little can do a lot 💛

You may have spotted Be Centre out and about lately – on bus shelters across the Northern Beaches, online and in coffee shops across Sydney, with ferry advertising to come in the new year.

At the heart of our campaign is a simple idea: **\$10 a month** is a small commitment that collectively becomes something powerful.

We want to make regular giving accessible to everyone – including a new generation of younger donors – and grow a community of people who believe children deserve support when life gets hard.

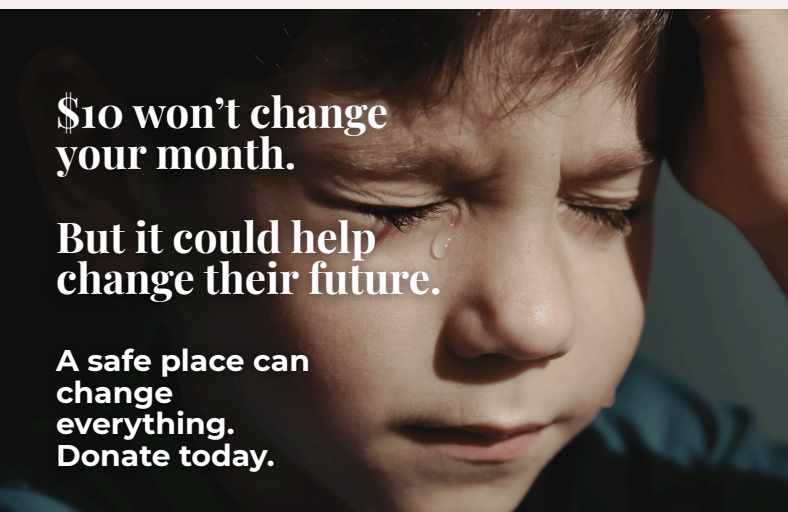
Every new regular donor helps us plan ahead, reach more children and make Play Therapy more accessible across NSW.

Join us. \$10 a month.

One growing community. A big difference for children.



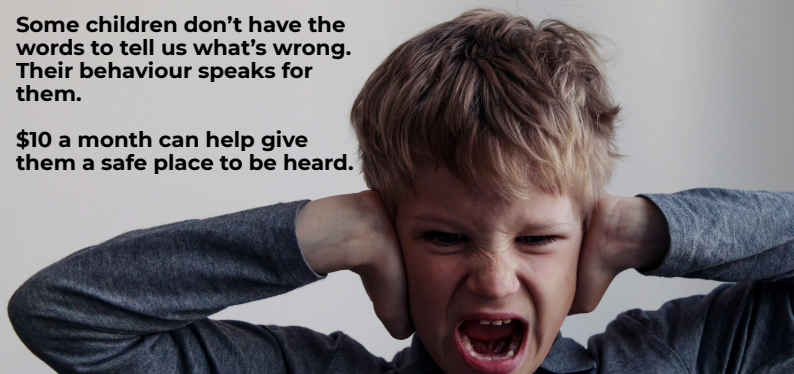
JOIN HERE



What if they're not misbehaving – they're asking for help?

Some children don't have the words to tell us what's wrong. Their behaviour speaks for them.

\$10 a month can help give them a safe place to be heard.





FOUNDERS CIRCLE LUNCH 2026



BEACH 2 BEACH 2026



Fundraising

UPCOMING EVENTS

GOLF DAY 2026:



Join us for 18 scenic holes at the breathtaking Mona Vale Golf Course, where the views are as rewarding as the game. Whether you're a seasoned golfer or just in it for the fun, this is your chance to unwind, connect, and support a cause that changes children's lives.

Date: Tuesday 13th October, 2026

Location: Mona Vale Golf Club

Time: 11:00am arrival for 12pm tee-off

[PURCHASE TICKETS HERE](#)



Your ticket purchase includes your round of **golf, snacks, drinks on course as well as canapes and a complimentary cocktail** at our post-golf celebration held at Mona Social – the beautiful Boathouse venue.

TRIVIA NIGHT 2026:

Get your thinking caps on and join us for a fun night of trivia, laughs, and prizes. All funds support children's early intervention mental health services at Be Centre. Don't miss this opportunity to have fun while supporting a great cause!

Entertainment by lead singer & guitarist of The Meldrums, singing a collection of the best Aussie rock songs of all time.

Get your team together, bring some friends or family and join us, we look forward to seeing you there!

The Waterfront Cafe & General Store, Church Point
November 11, 2026

Doors open: 6pm

Trivia starts: 6.45pm



[PURCHASE TICKETS HERE](#)

Secure your spot today – book now!

Community Partnerships with Be Centre

CELEBRATING TWO YEARS OF TGF AND BE CENTRE

For the past two years, **The Gym Factory (TGF)** has been an incredible supporter of Be Centre. What started with Beach2Beach in 2024, has grown into a meaningful and ongoing partnership, with the TGF team bringing their creativity and energy to challenges, raffles and community activations that raise funds for Be Centre and support vulnerable children in our local community.

Together, TGF has raised more than **\$21,000** for **Be Centre** - the equivalent of providing **eight children** with play therapy at no cost to them.

But it's about more than fundraising. TGF is a wonderful example of what's possible when a local business and charity come together around a shared purpose. Their support makes a real difference to vulnerable children, while also bringing their members together around a cause that matters.

We're incredibly grateful to owners, Josh and Mike and the entire TGF team and member community for standing alongside Be Centre over the past two years. Their generosity, creativity and commitment have helped us continue doing what we do best - **changing young lives.**

Are you a gym, café or local business looking for a meaningful way to bring your community together and help change the life of a vulnerable child?

We'd love to hear from you. Get in touch with our Fundraising Team at info@becentre.org.au and let's create something meaningful together.

\$21,000+
raised



"Supporting the Be Centre and their vital Play Therapy work has been a natural extension of what we do every day at The Gym Factory. We believe in the power of movement - not just for physical health, but for building resilience, confidence, and connection. Over the past two years, it's been a privilege to see that same philosophy help the Be Centre create real, lasting change for children and families across the Northern Beaches community. We're proud to stand alongside them and look forward to continuing this partnership for years to come."

— The Gym Factory, Warriewood

How You Can Help



Donate

Whether it's \$20 or \$2,000, your donation will make a lasting difference. Make your difference count!



Fundraising

Fundraising can make a huge difference. It's also a chance to connect with friends, family, colleagues and the community!



Volunteer

For small charities, volunteers are critical. We would love your support. Please contact us if you or your organisation are interested.



S: @becentrefoundation | E: info@becentre.org.au

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