

WHAT THEY STRUGGEE TO SAY WE HELP THROUGH PLAY



ANNUAL REPORT 2023

With the deepest respect, we acknowledge the Aboriginal and Torres Strait Islander peoples as the traditional custodians of this land - Australia. The Garigal people of Guringai Country are the traditional custodians of our place in Warriewood on Sydney's Northern Beaches.

At Be Centre, we acknowledge and pay our respects to elders past, present, and emerging recognising their strength and resilience in thriving as sovereign owners of this land.

At Be Centre, we strongly advocate for equality for all. We embrace diversity and condemn any kind of discrimination, whether based on race, religion, ethnicity, sexual orientation, gender identity, or disability.

Our annual report was designed by Kirrilee Phillips at a low bono rate. Find more of Kirrilee's work at [@kirrilee.design](https://www.kirrilee.design)

Illustrations on the cover and adapted throughout are the creation of Beck Feiner, Illustrator. [@beckfeiner_illustrations](https://www.instagram.com/beckfeiner_illustrations)

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THANK YOU FROM OUR FOUNDER & CHAIR

THIS YEAR HAS BEEN AN EXCEPTIONAL ONE FOR BE CENTRE FOUNDATION.

I would especially like to thank all of you for the support you have given to Be Centre throughout this last year. Without your support, Be Centre would not have achieved the success and growth it has, allowing us to provide the services to children and families.

When I founded Be Centre in 2008, we started with one play therapist in one room. We now have a space with six purpose-built Play Therapy rooms, two parent counselling rooms, and plans to expand. Our team of sixteen part-time staff raised funds and delivered 2000+ Play Therapy sessions this year. While the dream would be that a charity like Be Centre did not need to exist at all, I am so pleased we are here to fill the gaping hole to support children between the ages of 3-12 years.

As our past local Mayor and recently elected Independent Minister for Wakehurst, Michael Regan MP, said recently, "We are fortunate that right here, in this region of Sydney, Be Centre stands out not only as an exclusive beacon of hope for our Northern Beaches families

but also as one of the world's largest Play Therapy centres." It has been wonderful to share the work we do with all our local Ministers, including James Griffin MP, Dr. Sophie Scamps MP, Rory Amon MP, and Felicity Wilson MP. We thank you all so much for acknowledging the work we do publicly with your communities as well as in Parliament.

Play Therapy continues to grow and for the first time ever, Play Therapy Associations across the globe (USA, Canada, UK, Australia, Italy, Japan) joined together to share the importance of play, Play Therapy, and credentialed play therapists. The very first International Play Therapy Week launched, bringing awareness to this developmentally appropriate and evidence-based child therapy.

As proud as I am of the Highly Commended Award Be Centre received this year from the *Mental Health Service Awards of Australia and New Zealand*, I am even prouder of what I see every time I visit Be Centre. The dedicated team, and the children and parents who are so happy they have found a service which answers their needs.

Thank you to every member and director of our Board who gives their time freely to support Be Centre's vision. We all remain absolutely committed to our mission of improving the well-being of children and ensuring they are given every opportunity to reach their full potential in life.



Deborah Killelea
Founder and Chair



FROM THE CEO

THIS YEAR HAS BEEN ABOUT CONSOLIDATION FOLLOWING THE PANDEMIC, SETTING THE FOUNDATIONS FOR INNOVATIVE PROGRAMS AND PARTNERSHIPS SO WE CAN FOCUS ON OUR MAIN GOAL OF HEALING MORE CHILDREN.



With COVID lockdowns no longer interrupting our lives, Be Centre has resumed in-person fundraising events, including our first Gala Dinner since 2019. Fundraising events provide the opportunity to raise much-needed funds and awareness of the impact Be Centre has on children and their families' lives. It was a wonderful and successful evening with the "Alice in Wonderland" theme creating the perfect mood of creativity and playfulness.

However, on the flip side, post-COVID has seen levels of demand for children's mental health services increase. This year, we have seen another rise in the number of Play Therapy sessions delivered. We have also seen the average age shifting from 8 years old to 5 years old. Our waitlist that fails to reach zero is evidence of the growing concerns about our children's mental health.

One key objective *this* year was to implement systems and processes to enable ongoing measurement of our impact following the successful launch last year of our first Impact Measurement Report¹. It has been wonderful to see reporting on our

impact become an ongoing activity. Every six months, a digital Impact Report is sent to 200+ donors/funders sharing key data about our programs, outcomes, and impact.

The most recent one shared that 87.5% of parents/carers *agreed or strongly agreed* that "play/creative therapy has helped their child and contributed to an overall better and more positive state of wellbeing." This data is a testament to Be Centre services being delivered by our highly experienced, dedicated, and passionate clinical team.

Another key objective this year was to shift our clinical practice to 100% digital, increasing efficiency and effectiveness. On October 1, 2022, we started rolling out a new Clinical Management System, including telehealth. By January 1, 2023, every team member was migrated over to the new system. We are now 100% digital with the highest level of data security.

This year has been about consolidation following the pandemic, setting the foundations for innovative programs and partnerships so we can focus on our main goal of healing more children.

I would like to thank and extend my deepest gratitude to Be Centre's Founder/Chair Deborah Killelea, the Board, the incredibly talented and committed Be Centre team including volunteers, and every one of you who support Be Centre through donations, funding, and in-kind services. It has been another year where I have felt privileged to work for an organisation that continues to make a difference in the lives of so many children and their families.



¹ Our first Impact Measurement Report was made possible due to generous funding from The Vernon Foundation.

At the time of printing Michelle Carlyle was our CEO. As of 22 January 2024, we have welcomed our new CEO Tania Taylor.



WHY WE EXIST

OUR VISION

To create a safer, more resilient society through ensuring the future of all children.

OUR MISSION

To be the leading provider of Play Therapy and help children heal through rewiring physical and emotional patterns created by trauma.

OUR PURPOSE

To undo the unthinkable.

OUR VALUES

Lead Bravely.
Go forth and make positive impact.

Be Collaborative.
Become a vital member of the community.

Stay Young.
Protect the inner child in everyone.

Keep Growing.
Never stop learning, never settle for "good enough".



OUR TEAM ESSENCE

The Be Centre *Team Essence* document sets out the commitments we have made and agreed upon as essential in creating the culture we want to belong to. It also details the behaviours we display as individuals that bring to life our team Commitments.

Together, these commitments and behaviours describe how we have agreed to *play* together, springing from Be Centre's values that form the foundation for our culture.

Together, we make a commitment to achieve our goals and live our *Team Essence*.

OUR STRATEGIC PRIORITIES

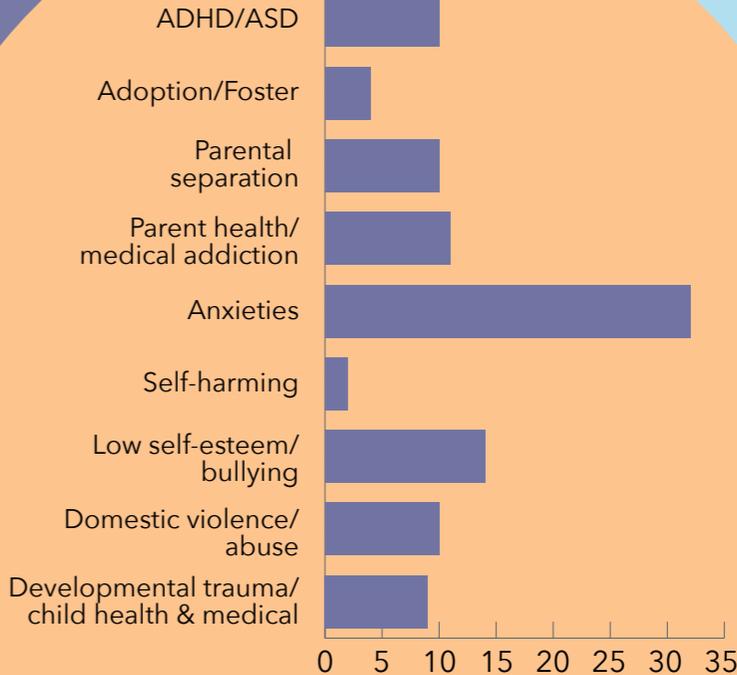
1. Heal as many children as possible.
2. Become leaders in Play Therapy.
3. Strengthen Be Centre's sustainability.

BE CENTRE'S THEORY OF CHANGE

Be Centre's model is guided by its Theory of Change, which outlines an understanding of the key issues faced by children, families and the wider system, the activities Be Centre undertakes in response, the consequences that can be expected and the desired outcomes and impacts.

IMPACT				
Children are able to make sense of their earlier or current life experiences, creating future adults who are resilient and thriving, and whose earlier or current experiences do not inhibit them from reaching their potential. Family members are better able to connect with each other, building stronger, more cohesive family units.				
ISSUE	STRATEGIC RESPONSE	ACTIVITIES	PRIORITY OUTCOMES	
<p>Children may have a range of challenging experiences in their early lives that they're not able to make sense of.</p> <p>Traditional therapeutic interventions don't always allow children to fully engage with the experiences and resulting emotions, as they rely on a cognitive level that many children haven't yet developed.</p> <p>There is also a tendency in the system towards traditional cognitive intervention and medication for these children, an approach that's not always necessary or appropriate.</p> <p>The impact of these challenges can often be felt by the whole family and even the broader community.</p>	<p>In contrast to traditional cognitive therapy, Be Centre relies on giving children a voice through their natural language of play.</p> <p>Addressing childhood trauma at an early stage, through early intervention, prevents this trauma from compounding throughout their life.</p>	<ul style="list-style-type: none"> • Deliver Play Therapy programs for children • Deliver ancillary programs for children and parents • Advocate for change • Contribute to evidence-based research • Work with partners to enhance each others' initiatives 	<p>CHILDREN SHORT TERM</p> <ul style="list-style-type: none"> • Are able to better make sense of their past and current experiences, including trauma • Are able to better express themselves • Experience greater self-awareness (of personal strengths and difficulties) • Able to better self-regulate <p>LONG TERM</p> <ul style="list-style-type: none"> • Are able to build more positive family relationships and develop secure attachments • Experience better overall mental health and wellbeing 	<p>PARENTS/CARERS SHORT TERM</p> <ul style="list-style-type: none"> • Feel more supported • Improved recognition of the important role they play in their child's wellbeing <p>LONG TERM</p> <ul style="list-style-type: none"> • Experience more positive interactions with their child, building a secure attachment

WHY DO CHILDREN COME TO BE CENTRE?



Anxieties include: fears, phobias, generalised anxiety, separation anxiety, sleeping difficulties, toileting issues, and death in the family/friendships.

PROGRAMS

Play and Creative Therapy 'Hear Me Play' 1:1 Therapy Program

Be Centre Foundation has been deeply impacted by the enduring effects of COVID, particularly regarding the children seeking our support and the challenges families face.

For children already grappling with emotional or developmental concerns, these disruptions have exacerbated their challenges, creating an additional layer of pressure on families and caregivers.

At Be Centre we have seen a rise in referrals for children aged 5 years and under who have lived mostly through the COVID years. We know now more than ever that exposure to the world around them, social interactions and experiencing different environments is crucial to children's psychological, educational, and psychosocial development. It is not surprising

that we are seeing an increase in children presenting with anxiety and nervousness around separation from caregivers, behavioural difficulties, or increased difficulty with transitions such as starting daycare or school.

The stress of the family system can also be seen by the number of returning families we see and from what other children's mental health services tell us. Increasingly we are seeing whole families being referred to Be Centre with each child seeing a different Therapist, and where indicated, parents and carers being supported by our Parent Counsellor. More than ever our Therapists and counsellors are using family-centred approaches to emotional well-being and mental health.

TRANSFORMING LIVES THROUGH PLAY

WELLBEING

75% of parents agreed their understanding of the role they play in their child's wellbeing has improved during their child's time with Be Centre.

INTERACTIONS

83% of parents agreed there was an improvement in their interactions with their children after participating in programs at Be Centre.

SUPPORT

67% of parents agreed that they are now more supported (through skills-building, tools and resources provided etc.) through their interactions with Be Centre.

This data is collected through an anonymous feedback survey following child therapy.

Participation in the survey is voluntary. The statements prompting a response in the feedback survey are derived from Be Centre's Theory of Change.

Parent / Carer Support Program

All parents/carers of children who participate in our 'Hear Me Play' program are offered free one-to-one counselling support from our Parent Counsellors. This support is offered when a child has commenced their program, however, if a need is identified prior to being offered a place, our Parent Counsellors will see the parents earlier.

Our Parent Counsellor's support includes parent strategies based on the 'Tuning into Kids' and 'Circle of Security' programs, along with attachment-informed education, therapy for mental health challenges, domestic violence, separation, couples therapy, and psycho-education.

Be Centre is committed to supporting 'the whole child,' which includes helping the parent/carers in the child's life as well as, where appropriate, referring and liaising with other agencies.

Art Club Group Transitional Program

Our face-to-face transitional program, led by artist-in-residence Karen Atkins, is an extension of the support Be Centre provides to encourage children to reach their full potential.

For children transitioning out of our 'Hear Me Play' one-to-one program, the free Art Club continues to provide a safe and supportive environment to integrate their skills within a broader social network.

This year we ran 36 classes with 21 children participating.

Thank you to UnLtd for their continued funding of this program, which helps children transition at their own pace back into group situations and our community with extra support and confidence.



PLAY BAGS

Therapeutic play bags

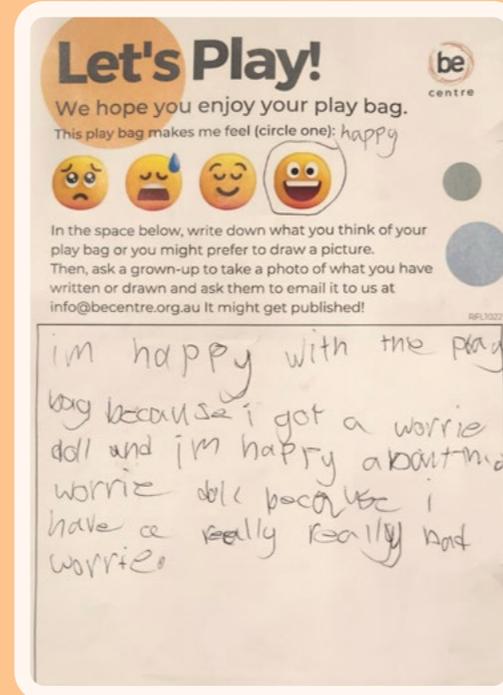
Over 800 bags funded

Some children who have lost everything due to natural disasters benefit from specially curated bags containing sensory toys and craft items. These items are designed to help alleviate anxiety as children navigate and process traumatic experiences.

We express our gratitude for receiving funding to purchase over 800 therapeutic play bags, packed with over five thousand therapeutic toys by generous volunteers. These bags, tailored for those affected by floods or bushfires, offer essential tools for children on their journey to recovery.

A heartfelt thank you goes to our funders, including CommBank Foundation, MacDoch Australia, Hasbro, and NAB, for supporting children on their path to healing. We also extend our appreciation to the generous businesses listed in the Heartfelt Thanks section of this Annual Report, who provided discounts on items, helping the funding to go further.

These bags, complete with a QR code linking to our free 'Need to Play' online course, reached children in destinations such as Lismore and the Snowy Mountains via schools within those regions.



"I'm happy with the play bag because I got a worry doll and I'm really happy about the worry doll because I have a really really bad worry." - Alex, 8.



NEED TO PLAY

Explore our free course here



A CASE STUDY

NAME

Emma

AGE

8

PLAY THERAPY SESSIONS

39

Emma came to Be Centre as her parents were worried as she was having difficulty coping.

She was frequently crying for lengthy periods and expressing thoughts like "Why am I not like everyone else?" "Everything is too hard" and "I can't switch off." Her parents described her as inconsolable at times.

Emma was really struggling with anxiety and big worried feelings because her mum had recently gone through several major surgeries and was still in a long recovery phase. Emma's mum was not well, and it was a very scary, disruptive, and stressful time for the whole family.

Emma started to feel very insecure and scared for the future. As the oldest child she felt she had to be grown up and responsible and take care of everyone. Emma was frightened and confused about what was

happening to her mum, her family and herself. Everyone would say to Emma how amazingly she was coping, and this made it even harder to let others know she was struggling as she didn't want to burden them.

Eventually Emma's feelings became too big and confusing to manage and they would come out in other behaviours like crying, not being able to sleep or feeling angry and irritated. She didn't know how to manage these big feelings which led to her feeling guilty and negative about herself.

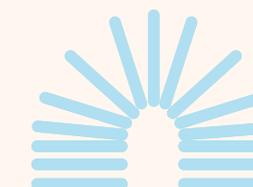
In the safety of the relationship with her play therapist, Emma was able to work through her anxiety about her Mum and her feelings of being alone in her situation.

As Emma built rapport with her therapist, she found creative ways to communicate her feelings - making sensory slime creations, creating

posters and vision boards.

Through engaging in these creative activities, Emma regained her sense of autonomy and control again. Emma grew in her understanding and acceptance of herself and her situation. Her ability to emotionally regulate strengthened as she learned that all her feelings were okay, and she didn't need to feel ashamed. Emma's relationship with her family strengthened and she felt positive about the future.

The true healing power of the therapeutic relationship in Play Therapy is best described by Emma in an excerpt from a thank-you letter she sent to her therapist.



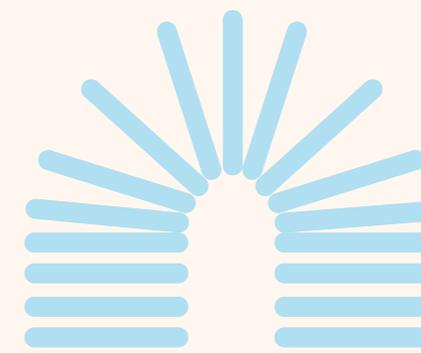
"Dear Play Therapist,

When we met, I was sad, frustrated, and worried. Having my Mum go in for so many surgeries was the most awful thing, and sometimes I wanted to just stay in bed.

School was hard, friends did not understand, and my worries kept me awake all night. I have a lovely family, but everyone was also upset, so I could not talk to anyone about my sadness until I met you.

Thank you for helping me when things were tough and being there for me. I will carry the things I learned in our time together all my life. You were like a best friend who understood me, and you really helped me to feel happy inside again.

Love from Emma".



FUNDRAISING AND EVENTS

It has been wonderful to see in-person events back on the calendar after COVID's social-distancing rules were removed. We are grateful for the unwavering support of our incredible community, not only in attending but also in organising activities and events to support our fundraising efforts.

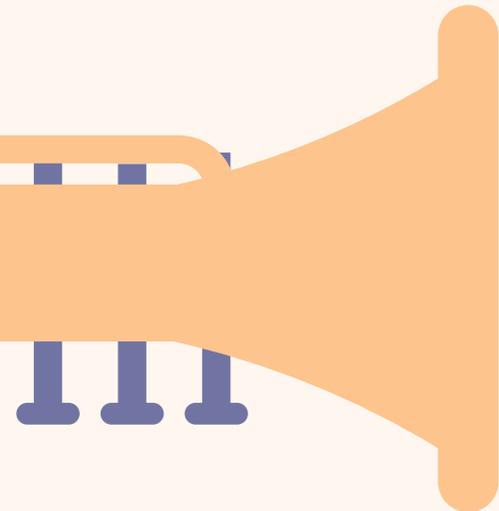
The Be Centre Gala and inaugural Golf and Trivia events collectively raised approximately \$200k. Additionally, we are fortunate to have a diverse range of artists, sports teams, local businesses, and charities hosting third-party events and activities, contributing funds to support Be Centre. The joy we have experienced in coming together as communities to help those most at-risk is truly heartening.

A special thank you goes to our outstanding fundraising committee, dedicated volunteers, and community for your amazing support. Your contributions make it possible for us to offer free services to children and families who would otherwise be unable to afford early intervention support.



This page: Be Centre Gala attendees getting into the playful spirit. Right-hand page Top row: Be Centre Annual Charity Golf event volunteers; Deloitte Sydney volunteers; Deborah Killelea, Rory Amon MP, and Fiona Geoghegan - Be Centre. Middle row: Be Centre Trivia Night - The Waterfront Café; Michelle Carlyle, Dr Sophie Scamp MP, and Deborah Killelea - Be Centre; Michelle Carlyle - Mini-Mos Community Fun Run. Bottom row: Deborah Killelea, Michael Regan MP, and Michelle Carlyle - Charity Golf Day at Monash Country Club; Be Centre Gala volunteers; Catalina Forero, Christina Rooney, and Emmalee Crellin - Novus Foundation Gala Dinner.

OUR IMPACT



2,014

Play Therapy sessions



132

children attended Play Therapy

29%

of Play Therapy sessions provided via free scholarship



36

Art Club sessions

21

children attended Art Club

285

parent support sessions

81

parents supported

147

parent reviews and connections

(data captured from 1 Jan 2023)



814

play bags distributed to disaster affected areas

9

holiday community workshops



90

holiday community workshop participants

\$146k

received in in-kind goods or services



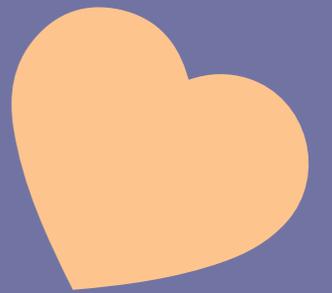
~\$13k

pro-bono legal support from Johnson Winter & Slattery



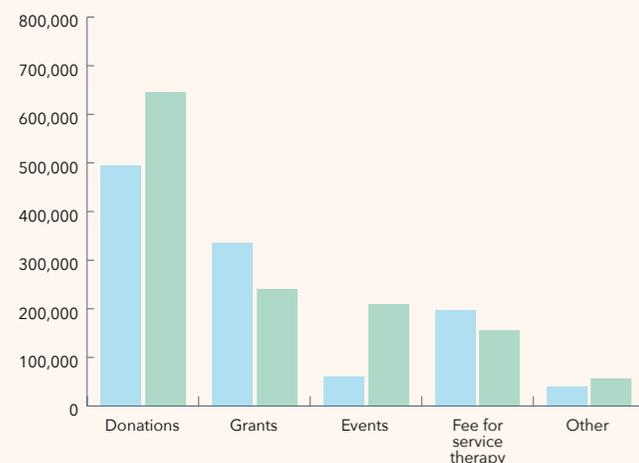
60+

volunteers providing 1,000+ hours of service

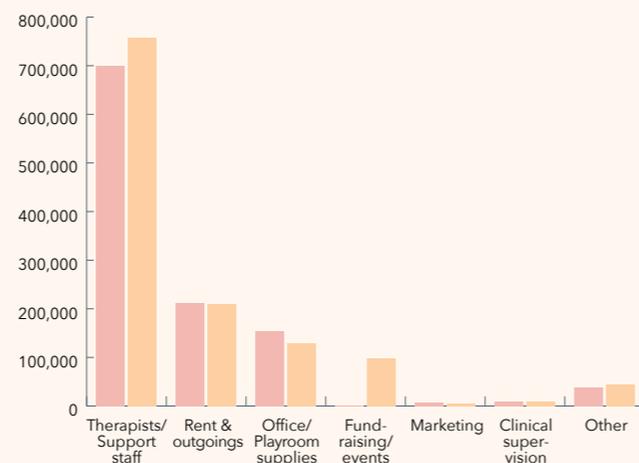


FINANCES (KEY DATA)

Income



Expenses



Income	FY22 (\$)	FY23 (\$)
Donations	494,777	645,807
Grants	334,994	240,977
Events	61,053	208,831
Fee for service therapy	196,939	155,975
Other	40,840	56,590
Total	1,128,603	1,308,180

Expenses	FY22 (\$)	FY23 (\$)
Therapists/Support staff	700,367	757,432
Rent & outgoings	212,712	209,516
Office/Playroom supplies	153,312	130,247
Fundraising/events	977	98,155
Marketing	7,084	6,176
Clinical Supervision	8,446	8,750
Other	39,067	43,987
Total	1,121,965	1,254,263

OUR BE CENTRE TEAM

Board

Deborah Killelea - Founder and Chair
 Chris Wilcox - Board Member
 Graham Mott - Board Member
 Joanna Samios - Company Secretary
 Mark Lollback - Board Member & Fundraising Committee
 Michael Laybutt - Board Member
 Professor Roberta Ryan - Board Member
 Christopher Long - Board Observer (effective January 2023)
 Sebastian Frank - Board Observer (effective January 2023)

Ambassadors

Jimmy Wong
 Nici Andronicus
 Tom Carroll

Fundraising Committee

Catalina Forero (effective June 2023)
 Emmalee Crellin
 Linda Volker
 Mark Pretty
 Robert Steers

Clinical Staff

Penny Bird - Clinical Development Manager
 Fiona Howell - Clinical Supervisor & Play Therapist
 Fiona Geoghegan - Clinical Supervisor & Play Therapist
 Alyce Goss - Play Therapist (effective June 2023)
 Bree De La Harpe - Play Therapist (July 2022 - August 2022 Maternity Leave)
 Emily Legg - Art Therapist (effective October 2022)
 Erin Butler - Play Therapist (July 2022 - August 2022)
 Jane Leckie - Drama Therapist (effective May 2023)
 Lily Gruenewald - Play Therapist
 Nur Heitz - Play Therapist (July 2022 - September 2022)
 Tiana Wilson - Play Therapist (effective October 2022)
 Veronica McKibbin - Play Therapist (effective October 2022)
 Marlayna Richardson - Art Therapist Intern (effective 1 November 2022)
 Rosie Maynor - Play Therapist Intern (effective 1 November 2022)

A BIG ACKNOWLEDGEMENT TO OUR INCREDIBLE STAFF WHO CONSISTENTLY VOLUNTEER THEIR TIME FOR VARIOUS EVENTS AND ACTIVITIES.

Michelle Mott - Parent Counsellor
 Mironne Golan - Volunteer Parent Support (July 2022 - May 2023)
 Lorraine Lee - Intake Clinician

Staff

Michelle Carlyle - CEO
 Christina Rooney - Fundraising & Marketing Lead
 Brooke Briggs - Fundraising & Marketing Team (effective May 2023)
 Catalina Forero - Fundraising & Marketing Team (July 2022 - April 2023)
 Linda Volker - Fundraising & Marketing Team (effective July 2022)
 Maree Webster - Financial Administrator

OUR HEARTFELT THANKS

HOW YOU HELP

Thank you to the many individuals, Trusts, Foundations, companies, and organisations who contributed generously to Be Centre.

Your support, whether through financial contributions or other invaluable means, ensures that we can help as many children as possible.

Our supporters **donated** the equivalent of **\$146,060** in goods and/or services in support of Be Centre.

In the past **12 months**, our dedicated volunteers generously contributed over **1,119 hours** of their time and skills providing unwavering support throughout the year.

Key Funders

Foundations

Be Kind Sydney (Sydney Community Foundation)	The Bayard Foundation
Blackmores Foundation	The Charitable Foundation
Inger Rice Foundation	The Profield Foundation
Novus Foundation Limited	The Rodney and Judith O'Neil Foundation
Perpetual Philanthropic Services	The Vernon Foundation
St George Foundation	
The Baillie Family Foundation	

Individuals

Caroline Furlong	Mark Lochtenberg
Danita Lowes	Mrs Toni & Mr Victor Konijn
Fraser & Sylvia MacKenzie	Nathan Langford
Gabriella Moses	Patrick Teodorowski
Geoffrey & Christina Hodgkinson	Roberta Ryan
Kerry-Anne Johnston	Robyn Tallon
Mark East & Margaret Hartmann	Ron Efrat

Corporate/other

Australian Government, Department of Social Services	Mosman Public School
Bear the Builder	Northern Beaches Council
Dee Why RSL	Pittwater Artists Trail
Emanuel School P&F GroupM	Pittwater RSL Club
Harbord Diggers Mounties Group	Pittwater RSL Football Club
Hasbro	Rotary Club of Northern Beaches
JayCar Electronics Group	Rotary Club of Wahroonga
Laing+Simmons	Royal Motor Yacht Club - Newport
Young Property	Upper Crust Pies
Liferay Australia	
Master Builders Association of NSW	
Mitchell Morley Employment	

Supporters

With the incredible support of our generous partners, who provide essential services and meaningful in-kind gifts, Be Centre can maintain our focus on supporting children. We are deeply grateful for the commitment of these supporting individuals and organisations; without you, we could not do what we do. Thank you for your invaluable contributions.

38X Fitness	Coles	Jasmine Pampling	Mexitraders	Sean Hutton
4 Pines Brewing Co	Cootes Quarry Products	JayCar Electronics Group	Michael McKeough	Susie Campbell
Abundium	Craig Dower	Johnson Bros Mitre 10	Michael Peschardt	Terrey Hills Golf Club
Acorn Press	Cypress Lakes Golf Resort	Johnson Winter & Slattery	Mona Vale Quality Butchers	Terry Hills Swim School
Adam Hill PT	Debbie Cook	Jonah's Restaurant and Hotel	Mona Vale Skin & Soul	Tertini Wines
Alita Sales	Dee Why RSL	Karen Atkins	Monash Country Club	The Boathouse Group
Annette Dixon	Donna Hill	Kennards Self Storage	Mrs Jones the Baker	The Killara Golf Club
Aqua Vitae Day Spa	Drayton's Family Wines	Warriewood	Naked Wines	The Palms Terrey Hills
Artemis Wines Cellar Door	Elevate Hub	Kmart	Naomi Hamilton	The Signal Group
Atsi	Elysia Wellness Retreat	Koala Eco	Photography	The Star Entertainment Group
Bahama Living	Fitness First Australia	Kombi Espresso	Narrabeen Boat Hire	The Waterfront Cafe & General Store
Beddie	Freedom Boat Club	Kylie Johnson	Natalie Perkins	Three Wishes Mona Vale
Biogone	Fusion Plus Pilates	Liesel Edis	Nathan Foti	Tim Shaw
Brokenwood Wines	Gemma Rasdall	Linda Volker	Northern Beaches	TribeTech
Bucketty's Brewing Co	GM Photographics	Made Agency	Removalists	Venus Getaways
Bunnings Belrose	Graham Mott	Manly Spirits Company	Officeworks	Verve Portraits
Byron Bay Hamper Company	Harvey Norman	Mark Lollback	Pisces Boutique	Walkin' Promotions
Carol Gibbons Photography	Helen Louise Knight	Mark Pretty	Pittwater Wines	Westpac Banking Corporation
Christine Blampied	Hugos Restaurant	Markbridge Jewellers - Mona Vale	Portfolio Hair	Woolworths
Clever Stuff	Jacki Short, Sydney	Matt Wilcock	Rachel Carroll	Wyndham Estate Wines
Col Crawford Motors	Centre for Creative Change	Matthew Webster	Rosie Mayjor	
	Jamberoo Action Park		Rowie Dillon	

Volunteers

Whether skilled volunteering, helping in the office or assisting at fundraising events, these superstars give their enthusiasm and skills to ensure we provide the best services possible to as many children and their families as possible. We would like to give special mention to:

Adam Samios	Catalina Forero	Jimmy Wong	Mark Pretty	Robert Steers
Alex Carlyle	Conchita Casteigt	Johnson Winter & Slattery	Mary Ku	Romane Pigeau
Allison Dohnt	Craig Dower	Julie Jaroszewicz	Michelle Mott	Sarah Long
Amy Cripps	Donna Hill	Kim Drane	Mironne Golan	Steve Peacock
Anne Atherton	Deloitte	Lachlan McKenzie	Mitchell Dansey	Suzanne Duggan
Anne-Marie Byrne	Edwina Harrison	Leigh Rooney	Neda Wiltshire	Sylvina Luu
Archie Hooper	Emmalee Crellin	Liferay Australia	Nicholas Dower	Tom Carroll
Asha Kerr	Gemma Chang	Linda Berry	Paul Melican	Vicki Stevens
Bruce Neill	Hasbro	Linda Volker	Paul Towers	Victor Silva
Carol Gibbons Photography	Imogen Bidmead	Lisa Harris	Pepi McIntosh	Warren Lobo
	James Peutherer	Louise Denver	Phil Carlyle	White Box Analytics

LETTERS OF THANKS



"I would just like to say thank you so very much for enabling my child to participate in Play Therapy at Be Centre. It would have been financially impossible for me to fund, and it has helped my child to develop healthy emotional skills and tools that will be the foundation for his future.

It has not only been helpful to my son but to myself as well, as I have learned many new strategies to cope with challenging behaviours. I cannot thank you enough for helping us both to grow and have access to the wonderful Therapists at Be Centre. It has provided enormous stability in an incredibly challenging time for us. Thank you once again for your generosity."



"Thank you so much for helping our child.

She has a lot to put up with an aggressive sibling at home and has struggled with how to manage it.

Her time at Be Centre has really allowed her to work through how to manage her emotions. It will take some time, but we are already seeing some great improvements and greater self-belief and self-esteem. We have been happy!"

TOGETHER WE CAN HELP CHILDREN RECOVER FROM TRAUMA

Now, more than ever, your support holds the power to positively impact a small child. With mental health challenges rising among children and families, your contribution to Be Centre can stop cycles of harm through early intervention.

Your support enables Be Centre to provide crucial services to help children and families in need:

Volunteer with us

Partner with us

Fundraise with us

Join our events

Donate

www.becentre.org.au/donations

To get involved, please email the team at info@becentre.org.au

To donate now scan the below QR code:



Identifying details of children and parents/carers mentioned in this report have been changed to protect their privacy.

Thank you



www.becentre.org.au

P: 02 9913 7000 E: info@becentre.org.au

Be Centre Foundation Ltd is a registered charity
CFN 12268 ABN 58 128 050 037

