



WELCOME TO THE

# BE CENTRE NEWSLETTER

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# End of Year Message from our CEO

TANIA TAYLOR

As we approach the end of the year, I would like to extend my sincerest gratitude for all your support throughout 2025. This year has been a time of meaningful growth, as we broadened Be Centre's reach and continued our journey to help heal as many children as possible.

As Christmas approaches, we're very mindful that this time of year can be especially challenging for children who have experienced trauma. Our Christmas Appeal is now live, and it's focused on making sure these children can continue to access the safe, healing support they need.

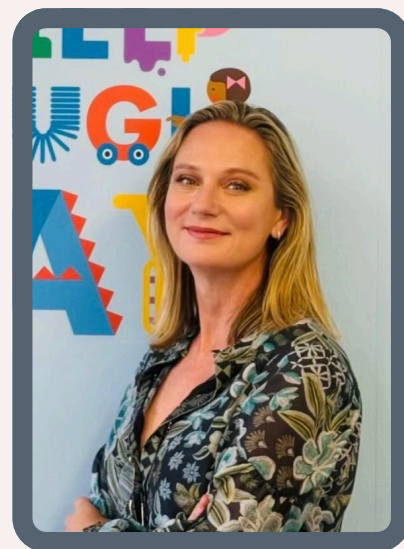
If it feels right for you, we would be so grateful if you'd consider sharing our Christmas Appeal with friends, family, colleagues or your wider networks. Even a single donation can bring a child one step closer to healing — and it can be a beautiful, purpose-filled Kris Kringle or Christmas gift.

Sometimes all it takes is one shared link or one conversation to change a child's path.

Thank you for being such powerful advocates for Be Centre and for the children we serve. We're so grateful to have each and every one of you as part of Be Centre's community.

From all of us at Be Centre, we wish you and your loved ones a very warm and joyful Christmas.

Warm regards,  
Tania



# Message from a Grateful Parent

*Dear Donor,*

*I'd like to sincerely thank you for making therapy possible for my son over this program. Your support has given him access to help that I could not have managed on my own. Therapy has made a real difference for him — it gives him a safe space to heal and grow, and he genuinely looks forward to it every week. I've experienced the devastating impacts of family violence on me and my older 2 children. It's heart breaking and I desperately wish I could have helped them earlier and avoided (or just minimised) the struggles they have today. This program for my youngest son, is a way to hopefully provide that for him, now, at his young age - to help him break out of the tragic cycle his siblings have been caught in and forge a path of healing, wellness and thriving.*

*Knowing that someone cared enough to make this opportunity available means more than I can say. Your generosity has lightened my load. I'm extremely grateful and will always remember. Knowing how valuable this support has been for my family, I hope to one day be in a position to pay it forward to others.*

*With thanks and gratitude,*

*A struggling mother, who has hope for her children.*

*Thank you*



# Central Coast Program Update

HEALING AS MANY CHILDREN AS POSSIBLE

*Be Centre Expands to the Central Coast with New Group Art Therapy Program for Children Affected by Domestic Violence*

*Be Centre, in partnership with the Goninan Foundation and Everglades Country Club, is proud to announce the expansion of its services to the Central Coast, delivering a new outreach Group Art Therapy program specifically for children impacted by domestic violence.*

*The Central Coast continues to face a significant challenge with family and domestic violence. According to data from Central Coast Council, the region consistently records one of the highest numbers of domestic and family violence incidences in New South Wales, including being cited as having the second-highest number of domestic violence occurrences in the state in council reporting (based on NSW Bureau of Crime Statistics and Research data periods reported by Council). [centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)*

## **A Strategic, Mobile Approach to Community Impact**

*This expansion represents a strategic and cost-effective mobile service model designed to extend Be Centre's reach into regions with pressing need but limited access to child-focused therapeutic supports. By broadening Be Centre's footprint across NSW, this initiative allows the organisation to "drop in" services where they are most needed, responding with flexibility and cultural sensitivity to communities underserved by existing supports.*

*"Our goal is to bring trauma-informed care directly into communities where children are absorbing the impacts of domestic violence," says Tania – Be Centre CEO. "This work acknowledges that children and families in regional areas deserve access to high-quality therapeutic interventions without significant travel or barriers."*

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# Central Coast Program Update

HEALING AS MANY CHILDREN AS POSSIBLE

## **Pilot Success and Local Collaboration**

Over the past two terms, Be Centre has run a 12-week pilot of the Group Art Therapy program on the Central Coast with strong results. The pilot not only demonstrated meaningful benefits for participating children — providing a safe, expressive space for emotional healing — but also generated important introduction to incredible local organisations, including Coast Shelter and Central Coast Family Support Service. Through these connections we aim to co-create programs, using our complimentary skills to ensure we do not duplicate services.

These collaborations have been instrumental in connecting families to the program, co-designing referral pathways, and strengthening community networks aimed at supporting children's resilience and wellbeing.

## **Real Impact for Children and Families**

Feedback from the pilot highlights the program's profound impact:

- Children have experienced increased emotional regulation, peer connection, and a sense of safety and belonging.
- Some parents have also engaged with Be Centre counsellors for direct parent support, gaining tools to better support their families during often complex and transitional times.

"The difference this support has made to these families — in confidence, connection and coping capacity — has been truly significant," shared our Art Therapist.

## **Creating Local Employment and Building Capacity**

Another positive outcome of the expansion has been the creation of two new jobs on the Coast, strengthening the local workforce and ensuring continuity of care within the community.

This not only builds capacity for Be Centre's services but also contributes to the region's economic and social wellbeing by investing in local talent and trauma-informed practice.

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# Introducing our New Board Member

## MARTINA THORNTON STORGATO

Martina Thornton Storgato is a Senior Partner at Mills Oakley in the Family Law Division of Sydney.

Martina was previously the Principal Solicitor and Director of Thornton Storgato Law Pty Ltd, a boutique family law practice located in Sydney's Hills District. Martina has been providing family law advice to clients since 2000.

Martina holds a Bachelor of Laws earned with Honours, and a Masters of Law in Applied Law (Family Law). She is a member of the Australian Institute of Family Law Arbitrators & Mediators, the Law Council of Australia (Family Law Section), Law Society of NSW and is Be Centre's newest Board Member.

We are very pleased to have Martina join our board, providing unique insight and perspective as we journey into 2026!



*Pictured above at our recent Founders Circle Lunch with Be Centre Founder (Deborah Killelea), CEO (Tania Taylor) and other incredible guests.*

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# Christmas Appeal 2025

GIVE THE GIFT OF HEALING THIS CHRISTMAS

When Be Centre first met six-year-old Emma in February this year, she was a little girl carrying a very heavy world on her shoulders. In the six months leading up to this, her life had changed completely. Her parents had separated after a period of domestic violence, she had lost the only home she had ever known, and she had just received new diagnoses — Autism, Social Anxiety, and Generalised Anxiety Disorder.

Everything around her felt uncertain and unsafe. Emma lived in a constant state of worry, unsure how to make sense of her feelings or how to find comfort in a world that seemed to have turned upside down.

That is when Emma began her Hear Me Play program with Be Centre and her life truly changed.

READ EMMA'S FULL STORY BELOW

For just \$2,600, YOU can fund a full scholarship program and change a child's future forever — with ripple effects that touch their family and the whole broader community.

**Give the gift of healing this Christmas. Sponsor a child today. Help heal their tomorrow.**



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# Christmas Appeal 2025

GIVE THE GIFT OF HEALING THIS CHRISTMAS

## Emma\*, 6 years

When Be Centre first met six-year-old Emma in February this year, she was a little girl carrying a very heavy world on her shoulders. In the six months leading up to this, her life had changed completely. Her parents had separated after a period of domestic violence, she had lost the only home she had ever known, and she had just received new diagnoses - Autism, Social Anxiety, and Generalised Anxiety Disorder.

Everything around her felt uncertain and unsafe. Emma lived in a constant state of worry, unsure how to make sense of her feelings or how to find comfort in a world that seemed to have turned upside down.

That is when Emma began her Hear Me Play program with Be Centre. At first, she was shy and cautious, barely speaking or making eye contact. But week by week, through the gentle guidance of her therapist, Emma began to explore and express her world through play. Play became her language - a safe space where she could express the fear, anger, and sadness she had kept inside, and navigate new feelings of hope.

Slowly, Emma's confidence began to grow. She learned new ways to regulate and calm herself when things felt overwhelming. She started to understand her emotions and discovered that being different didn't mean being less - it meant being uniquely her. She began to find her voice, learning to self-advocate and to take pride in herself and her identity as a neurodivergent child.

The transformation didn't stop with Emma. The positive changes in her rippled outward - her parents, inspired by her progress, began to communicate more calmly and constructively. Home became a safer, more nurturing place for everyone, which only fuelled Emma's progress further.

Today, Emma is still on her healing journey, but she faces the world with a steadier heart and a brighter sense of hope. Through play therapy, she found not just her voice, but her strength.


## Did You Know?

**62.2%**

Of Australians have experienced one type of maltreatment, primarily **domestic violence**.

**5,246**

**CHILDREN** and young people were victims of domestic violence related assault in NSW.

**20.9%** 

Over the past 2 years in domestic violence related assault for the **Northern Beaches LGA**, the 2<sup>nd</sup> highest in all of NSW.

**15%**

Of children in NSW are living in **poverty**, with 25% of children experiencing some financial difficulties.

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# Gala Dinner Ticket Launch

'BE THE LIGHT' GALA DINNER 2026



We are delighted to announce our 'Be The Light' 2026 Gala Dinner is now available for ticket purchase!

Be Centre's theme, 'Be the Light', reflects the power of hope, positivity and the vital role we all play in helping children overcome adversity. It embodies the heart of Be Centre's mission: to provide a safe and nurturing space for children to heal, grow and rediscover joy through creative therapies like play, art and drama.

For children who have endured profound trauma, our therapeutic services offer a lifeline. Many of these children, facing severe emotional and behavioural difficulties, are unable to access traditional mental health care due to financial barriers or long waitlists. Through targeted support, we ensure that children from vulnerable families—facing hardship, grief or crisis—receive the care they need. Every child deserves to feel safe, confident and hopeful and with your support, we can continue making this a reality.

**When:** Friday 24th April, 2026, 6pm

**Where:** Manly Pacific Hotel [55 N Steyne, Manly NSW 2095]

**Ticket Price:** \$280 for individual, \$2,800 for a table of 10

**Champagne Pre-Sale:** \$120 per bottle of premium Perrier Jouet Grand Brut Champagne

*"There is always light. If only we are brave enough to see it. If only we are brave enough to be it. In times of darkness... Be The Light"*

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# Fundraising

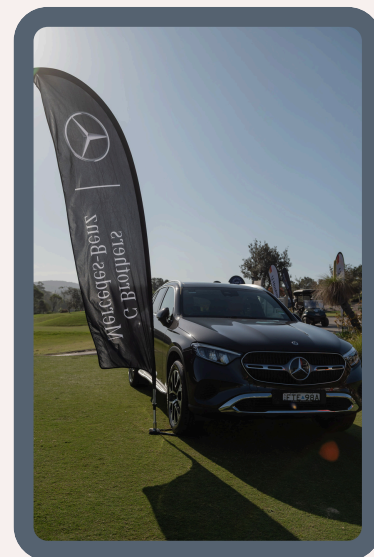
## RECENT EVENTS

### Golf Day:

On the 30<sup>th</sup> of September, Be Centre had our Annual Charity Golf Day at Mona Vale Golf Course. Backed by a group of incredible sponsors and guests, we raised an outstanding \$70,000, going a long way in helping our mission of healing as many children as possible.

The day was filled with beautiful sunshine, a fantastic 18-hole game and great company, all in support of Be Centre.

We extend our sincerest gratitude to those that joined us on this special day and we cannot wait to see what our 2026 Golf Day brings.



### Founders Circle Lunch;

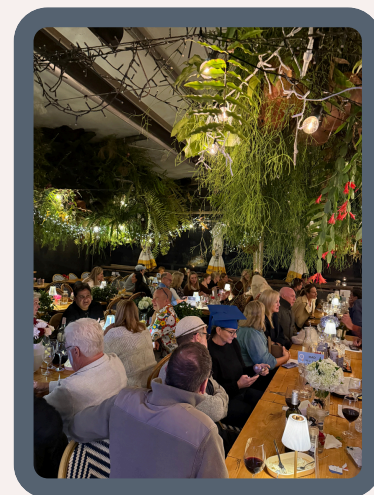
In November we had our annual Founder's Circle lunch at Manly Pavilion, where we were joined by a room full of incredible, philanthropic women, specifically chosen to have the opportunity to join our Founder's Circle. It was an incredible day filled with such purpose and movement as we were taken on a journey of the impact Play Therapy can have, not just on a child but on their family and the wider community. The result of this day was truly special, with our current circle almost doubling in numbers, now tallying 22 members in our second year. The presence and openness of this group of women, and their commitment to being part of something bigger than any one of us alone is truly inspiring and we are grateful to have them be a part of our journey moving into 2026.



### Trivia Night:

In October Be Centre had our annual Trivia Night at The Waterfront Café, in Church Point. This was a beautiful night, that brought together some of Be Centre's longtime supporters for a fun game of trivia, music and great company, raising \$5,000.

We thank everyone for joining us and for sharing in this special night. A huge thank you as well to the team at The Waterfront Café for making the night so seamless. We look forward to more trivia nights in 2026!



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# How You Can Help

## Help Children Heal – Become a Regular Giver:

Your monthly gift can change a child's life. Just **\$10 a month** helps provide creative tools for a therapy session. \$50 supports a child's initial assessment, and \$180 helps fund a full Play Therapy session for a child in need. Regular giving allows Be Centre to plan ahead and provide consistent, vital support to children facing trauma. Join us in creating brighter futures—**every month makes a difference.**

### DONATE TODAY

- Whether it's **\$20** or **\$2,000**, your donation will make a lasting difference to the lives of children and families.
- For just **\$2,600** you could fund a **full scholarship** for one child, including 12x 1:1 Play Therapy Sessions for that child, as well as 6x parent sessions and 2x parent updates
- Regular donations of just **\$50 a month** can help change a child's life forever



### FUNDRAISE

- Fundraising can make a huge difference to Be Centre Foundation financially. It's also a chance to connect with friends, family, colleagues and the community!
- Join at us at our upcoming events to support our fundraising efforts, or your organisation could even host a fundraiser on behalf of Be Centre!
- To discuss how to fundraise, please call our Marketing & Fundraising team at 9913 7000.



### VOLUNTEER

- For small charities, volunteers are critical. We would love your support. Please contact us if you or your organisation are interested ([info@becentre.org.au](mailto:info@becentre.org.au)).

