



WELCOME TO THE

BE CENTRE NEWSLETTER

In this issue you will find:

| | |
|--------------------------|--------|
| Be Centre Gala 2026 Wrap | pg. 2 |
| EOFY Giving | pg. 3 |
| Teleplay Therapy Update | pg. 4 |
| Upcoming Events | pg. 7 |
| Good Enough Parent Group | pg. 8 |
| How You Can Help | pg. 10 |



Celebrations

'BE THE LIGHT' GALA DINNER 2026

We're thrilled to share that the Be Centre Gala Dinner, held on Friday 24th April, was an incredible success!

Thanks to the generosity and support of our community, the evening raised an outstanding **\$140,000** in support of our vital work with children and families. It was a truly memorable night filled with connection, purpose, and inspiration.

From the moving stories shared to the energy in the room, the Gala was a powerful reminder of what can be achieved when people come together for a common cause. Every contribution made on the night will help us continue providing essential therapeutic support to children in need.

We extend our heartfelt thanks to everyone who attended, donated, and supported this year's special event.

Your commitment makes a lasting difference. We look forward to seeing you next year!



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EOFY Giving

A HUGE THANK YOU FOR YOUR SUPPORT

Every child deserves the chance to feel safe, heard and hopeful. At Be Centre, we see firsthand how play therapy helps children process trauma, build resilience and rediscover the joy of being a child.

A heartfelt thank you to everyone who supported Be Centre's End of Financial Year Appeal, to make this possible. Thanks to the incredible generosity of our community, we raised almost **\$80,000** to help provide life-changing therapy for children recovering from trauma.

Every donation makes a meaningful difference, ensuring more children and families can access the support they need. We are deeply grateful to everyone who contributed, shared our campaign, and helped make this appeal such a wonderful success.

An enormous thank you to Mark East and Marj Hartmann, for dollar matching every donation made in this campaign, **up to \$30,000**. Without you, the impact of this campaign would not have been so great.

Together, we can ensure that no child misses out on the care and support they need when they need it most.



“IT FELT LIKE A LIFELINE...”

GIVE HOPE. GIVE NOW.

MAKE IT COUNT BEFORE JUNE 30.

Thank you



[DONATE NOW](#)

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Bridging the Distance

BE CENTRE'S TELEPLAY THERAPY STUDY

When the world shut down during COVID, something remarkable happened at the same time. We were reminded how deeply human beings need connection, and how creative we can be in finding ways to stay connected.

As humans, we adapt. We find ways to reach each other.

For many of us, that meant learning to work through screens, celebrate milestones online, and maintain relationships using technology. But for children in rural and regional Australia who are struggling with their mental health, distance has long been a barrier, well before the pandemic.

For too many families, accessing specialist support means waiting months, travelling hours, or sometimes simply going without. Rural communities continue to face significant gaps in children's mental health care - long waitlists, geographical isolation and critical workforce shortages. **These barriers often mean that the children who most need support are the least able to receive it.**

Three years ago, as we considered how we might bridge this gap with limited resources, we asked an important question - **Could the healing power of play therapy overcome the limitations through technology?**



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With the generous support of the **Rotary Club of Sydney and Perpetual, and in partnership with Deakin University**, Be Centre set out to explore whether teleplay therapy could support the psychosocial and emotional wellbeing of children and their families living in rural and remote communities. Together with our trusted referral partner, Royal Far West, we welcomed referrals for 20–30 children aged between seven and twelve years, children who might otherwise never have had access to specialised play therapy due to geographical isolation, funding constraints, and the limited availability of services in their regions.

What unfolded through this work was both moving and deeply affirming.

One child described the experience simply and beautifully: **“Just like everything evolves around you, you get to say what you want, no judgment.”** When children say something like that, you realise very quickly that the technology has faded into the background. **What matters is the relationship.** Another child captured it in the wonderfully direct way that children do: **“Tele play is amazing, and that's all.”** Through a screen, and with a carefully designed start-up play kit sent to their homes, children were able to step into a therapeutic space where their voices mattered, a space where they could safely explore feelings that may be too difficult to articulate could be expressed through play.

Parents noticed the difference too. One shared how meaningful the experience felt from the very beginning: **“It was actually really good... being sent the initial startup pack with toys and stuff like that was incredible, because there wasn't as much of a disconnection there.”** Another parent reflected on how different this felt from other online services: **“Things can be really disjointed... and you can feel the distance... We didn't feel the distance at all, which I think is very powerful.”** For many families, the service was more than helpful — it was essential. As one parent explained:

“There would be no other way that we would be able to access that kind of service where we are... there are minimal services available.”

What the research revealed was deeply encouraging for the work we do every day. The Therapeutic Powers of Play were strongly present within teleplay therapy, with three elements emerging most powerfully:

1. The therapeutic relationship, experienced by almost every child in the study;
2. Opportunities for authentic self-expression; and
3. The presence of positive emotions within the therapeutic space.

These are the very foundations of healing through play.

The conclusion from our therapists and research partners was clear, teleplay therapy **“honours children’s voices, empowers families, and expands access to vital services for rural communities”**.

For me personally, this work represents something very close to my heart. The past few years reminded us that **connection is not defined by geography**. When the desire to reach someone is strong enough, we find ways to make it possible.

This study has shown that the deeply relational work we do at Be Centre can travel far beyond our physical walls. It means we can reach children who might otherwise be left behind, children living in remote towns, children whose families cannot travel for hours to access care, and children whose communities simply do not have specialised services available.

And this is only the beginning ...

I am incredibly excited about the opportunity to train all our therapists to deliver teleplay therapy, extending the reach of Be Centre to children and families who need us most. Our vision has always been simple - no child should be left behind. Every child, no matter where they live, deserves the chance to be feel safe, be heard and understood and to learn to embrace their uniqueness.

And for me, the measure of this work is equally simple. If we can help just one child stand a little taller, feel a little calmer, and discover the tools to see themselves

differently, then I believe we have done our job.

This three-year study, a world-first of its kind, **positions Be Centre as a trailblazer and innovator in the field of play therapy**. More importantly, it confirms something we have always believed - that the work we do changes lives.

We are deeply grateful to the Rotary Club of Sydney and Perpetual for believing in this vision and funding this important research with Deakin University. Their support has helped open doors for children who once had none. With our referral partner Royal Far West, we are breaking down the barriers of isolation and distance. And in its place, we are creating something far more powerful - connection, hope and healing through play therapy, the child’s natural language.



Fundraising

UPCOMING EVENTS

BEACH 2 BEACH:

Be Centre is participating in Beach 2 Beach again this year, on the **23rd of August**, joining forces with Warriewood's, The Gym Factory once again! Adding to the team this year, we also have the LJ Hooker community joining our team!

A big thank you to TGF and LJ Hooker for supporting Be Centre once again and running (or walking!) for such a worthy cause.

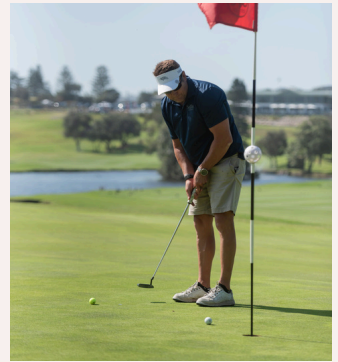
We will be at the finish line with TGF, cheering our runners on, with some special surprises for everyone, adults AND kids! See you there!

TGF



LJ Hooker

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. Partners and friends are welcome to join us later for cocktails and good vibes!



The Good Enough Parent

PARENTING GROUP

Be Centre has recently launched a new parenting Group, 'The Good Enough Parent', run by our parent counsellors, Priscila and Michelle, and Play Therapist Keren.

This group is designed as a supportive space for parents to share experiences and connect with others. It embraces the idea that no parent is perfect and focuses on learning together, offering practical insights and strategies, and emotional support.

During our first round of this group, we received hugely positive feedback, and observed a beautiful, shared connection build between the 6 participating mothers. So much so, that they plan to continue meeting through monthly online check-in sessions, supporting one another and sharing their parenting journeys.

This is what this group is all about, and we are excited to share it will be back for another round, commencing on the **28th of July**. See the flyer on the next page for more info.

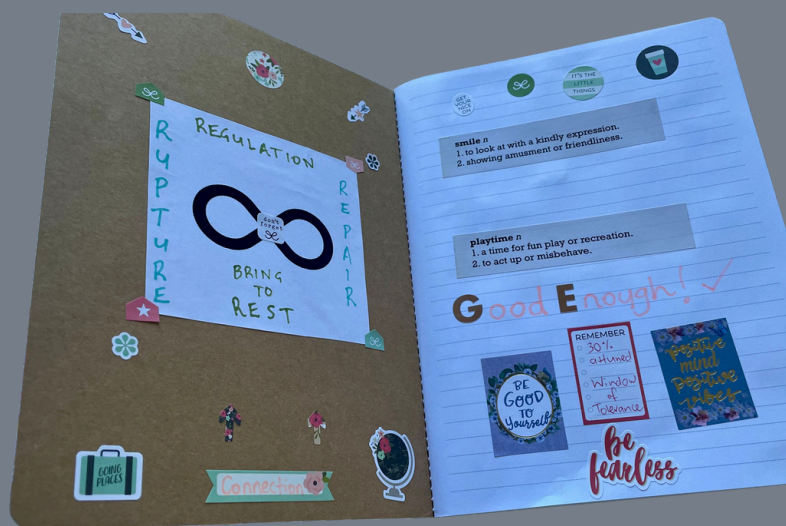
The group has been very beneficial for me. Being able to explore the complexities of parenting, externalise stress and also gain new perspective on child behaviour and all in a safe space where I feel seen and heard is definitely making a positive difference to my mental health.

Thank you so much for the time and effort in co-ordinating the group and preparation of materials for each session.

I have really loved how you facilitate the group with calm & compassion, letting the sessions unfold and gently bringing us back to the agenda whenever it is needed.

Thank you for this important work, supporting parents in need.

It is the first time I've attended a parent group where I feel everyone is telling the truth. Thank you for creating this space.



THE GOOD ENOUGH PARENT

PARENT SUPPORT GROUP - AVAILABLE NOW

Group dates: 28/7, 11/8, 25/8, 8/9, 22/9

Time: 10am to 11:30 am.

Location: Be Centre

This group is designed as a **supportive space** for parents to **share experiences** and connect with others. It embraces the idea that no parent is perfect and focuses on **learning together**, offering **practical insights** and **strategies**, and **emotional support**.

WHAT WILL BE COVERED IN THESE SESSIONS:

1

The “Good Enough” Parent

Do you know that only 30% attunement is enough for secure attachment? In this first session we will explore good enough parenting and notice how both our imperfections and our strengths can grow confidence when we share the journey together.

2

Cultural and Social Influences

Have you ever felt pressure from society to be the “perfect parent”? In this session we will identify and question our personal beliefs, shaped by culture.

3

Matrescence and Expectations

How challenging is the change of becoming a parent? Life before and after having children certainly is different, we will explore the transition into parenthood, and the myth of the “perfect child”.

4

Connecting with your Child

Reflecting on how children's behaviours can be a form of communication and how we can increase connection.

5

Emotional Regulation

Let's share practical and realistic selfcare strategies to add into our parent journeys.

6

Self-Compassion

Creating a personalised “good enough” parenting plan to apply in your daily life.

PLEASE SAVE THESE DATES IN YOUR CALENDAR AND SEND AN EMAIL TO CONFIRM YOUR INTEREST TO: PRISCILA@BECENTRE.ORG.AU

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.



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