



*“Be Centre is a place where we can let our heart out”*

Be Centre is a unique charity offering innovative Play Therapy for children aged 3 to 12 years and support for their families.

Our highly trained and experienced Play Therapists provide specialised programmes to help children make sense of situations and events, explore and express their feelings, restore trust and build self confidence, life skills and resilience.

Be Centre is dedicated to early intervention and stopping cycles of harm – helping children heal so they can create brighter futures for themselves, their families and the community.

A child’s emotional or psychological issues are not always outwardly visible and children can struggle with standard counselling methods as they are still developing the verbal skills to communicate their experiences and feelings.

Play is a child’s natural medium of expression and is meaningful and significant to them. Play Therapists support children to use play to work with their feelings and develop adaptive and healthy behaviours.

Play Therapy is a self-guided, child-focused, gentle and effective approach to helping children and families deal with difficult times and thrive.

**Play Therapy helps kids with:**

- separation and divorce
- adjustment to change
- trauma and abuse
- bullying
- impact of parental alcohol and drug abuse
- Autism Spectrum Disorder
- anger and aggression
- anxiety and depression
- domestic violence
- illness
- low self confidence
- grief and loss

*“I don’t feel so worried or scared any more. My whole family feels happier. I think I’m better!”*

**PLAY THERAPY IS EFFECTIVE**

Play Therapy is evidence based and age appropriate

93.3% of parents/carers reported positive change after Play Therapy (Be Centre, Oct 2017)

Be Centre works with local and international colleagues to constantly update, improve and expand our services

**PLAY THERAPY IS IDEAL FOR EARLY INTERVENTION**

Early intervention can help heal the negative effects of trauma and stress on a child’s brain

Early intervention helps improve academic outcomes

Early intervention helps alleviate problems and reduce their impact in future years

**PLAY THERAPY AT BE CENTRE**

Play Therapy at Be Centre is usually 12 weekly sessions of 40 minutes duration

Sessions are conducted with the child and the same therapist at the same time and in the same room

Parents and carers are involved in an initial 90 minute consultation to help the therapist understand the child and family’s situation and develop therapeutic goals

During each session the child chooses how they spend their time, using therapeutic tools such as puppets, clay, music, craft, sandplay, dress-ups, role play, art and craft

No referral necessary, simply contact us:

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**Child centred play therapy**

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