

Bo's Place

Healing Hearts

Where Children are Heard and Hearts are Healed

Winter 2010

MISSION

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.

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How to Help Grieving Families During the Holidays

The holidays can be an especially difficult time for families who have experienced the death of a loved one. They are often days filled with memories and a range of emotions. The important thing in approaching the holidays is intentionality. When there has been a family loss, it is appropriate to ask as a family, "How can we manage our grief during the holidays?" and "How do I want to spend my holiday this year?" When a family plans for a special day, talks about it ahead of time, and gives everyone an opportunity to offer input, the day becomes manageable and the emotions and energy of the day are dispersed over a period of time rather than concentrated on one day.

Here are a few suggestions from our staff:

Gather as a family and talk about the holidays. Invite everyone to contribute to the conversation. Let each person have a special role in the process. Determine what each family member needs and wants. How can this be accomplished? Does extra support need to be called upon? Make a plan and adjust the plan as needed. Give each family member permission to feel and do what they need to do. Develop expectations that relate to your intentional plans and that are within your ability to manage. Remember – grief is a process. It takes time to heal. Be gentle with yourself. For more information on Helping Grieving Families Through the Holidays, go to our website at <http://www.bosplace.org/resource-library/educational-handouts>.



The Professional MBA students at Tulane University's Freeman School of Business in Houston provided Bo's Place with a basket of items from our Wish List! Not only are we thankful to the class for the generous gifts, but we are also grateful for all the valuable information they provided through their Bo's Place case study.



Participant's in Halliburton's President's Excellence Leadership Program completed two service projects at Bo's Place recently. They not only served a fabulous Italian feast to Bo's Place families, but they also helped prepare an art project for group participants. We appreciate Halliburton for their continued service to Bo's Place.

Bo's Place is Thankful for...

Numerous organizations, congregations, businesses and individuals have been generously providing meals for our Family Support Groups throughout this holiday season. With heartfelt gratitude, we thank you!

Alcon
 BondPro, Inc.
 Counseling Staff at 1801 Lexington
 Greater North Houston Kiwanis Club
 The Houston Alumnae Association of Kappa Alpha Theta
 Kiwanis Club of Houston
 Memorial Drive United Methodist Church Sunrizons Class
 Rotary Club of Gulfway/Hobby Airport
 Sarah Sensat
 St. John's Upper School
 St. John's School Alumni Group
 St. Martin's Episcopal Church
 The Family of Sarah Harper
 Vietnam Veterans of America, Chapter 343



Letter from Mary Beth

Each year, the holiday season serves as an opportunity to step back and reflect on those things for which we are most grateful. Here at Bo's Place, we have much to be thankful for as 2010 comes to a close. We are thankful to be able to provide assistance to the children and adults in our community who have recognized their need for support and have come to Bo's Place to

find a healthier journey through their grief. We are thankful that we have a beautiful facility that allows us to provide our programs in a warm, home-like setting. We are thankful for our dedicated and compassionate staff of professionals who work every day to fulfill our mission. We are thankful for the many corporations, faith-based organizations, schools, organizations and individuals who welcome our families each evening with smiles and a hot meal. We are thankful for our volunteer facilitators who have a heart for the families and children who come to Bo's Place and have committed over 30 hours to go through our training and countless hours facilitating support groups. And, we are thankful for the many, many donors and friends of Bo's Place who ensure we have the financial resources to provide our grief support services to the Greater Houston community. For all these things, we give thanks.

Mary Beth Staine
Executive Director

Bo's Place Grief Support Group Programs

Trained volunteers supervised by licensed mental health professionals on the Bo's Place staff, facilitate all of our grief support groups. All Bo's Place support groups are offered at no charge to participants. Please contact Bo's Place for additional information or to register for a group at 713-942-8339 or email info@bosplace.org. Our staff clinicians can also offer referrals to grief-related community resources in the greater Houston area and throughout the United States.

FAMILY GROUPS

ONGOING: Meets twice a month for two hours on weekday evenings or Sunday afternoons. There is also a group for Spanish-speaking family members.

LIGHT: Time-limited group for families who have experienced the traumatic or sudden death of their loved one. Meets weekly on weekday evenings.

LITTLE FRIENDS: Time-limited group for three and four year olds and a parent/guardian. Meets weekly on weekday mornings.

ADULT GROUPS

PREGNANCY LOSS: Time-limited group for women who have experienced the perinatal death of a child through miscarriage or stillbirth. Meets on weekday afternoons.

ADULT DAYTIME: On-going group for any adult who has experienced the death of a significant person in their lives. Meets weekly during lunch.



"The Human Knot" is an activity that encourages group members to feel safe and build trust. The activity also allows group members to process grief and problem solving through discussing their feelings after participating in an experiential activity.



Bo's Buddies Launches the Buddy Campaign

Bo's Buddies, our young professionals group, is challenging you to help them raise \$35,000 to benefit Bo's Place. For each donation of \$20 or more to the "Buddy Campaign", you will receive a Buddy of your own as a gift in recognition of your donation. Mail your donation to Buddy Campaign, Bo's Place, 10050 Buffalo Speedway, Houston, Texas 77054.

Name _____

Address _____

City/State/Zip _____

E-mail Address _____ Phone Number _____

I have enclosed a check for \$ _____ made payable to Bo's Place to support the Buddy Campaign.

Please charge my credit card for \$ _____:

Mastercard Visa Amex Discover

Credit Card Number _____ Exp. Date _____

Signature _____ CVV2# _____

For more information, please contact the Development Office at 713-942-8339.

UPCOMING WORKSHOP

Good Grief for Kids

Thursday & Friday, February 10 & 11, 2011
9:00 a.m. - 3:30 p.m.



Memory Rocks: Memories of a deceased loved one are precious. Group members decorate rocks with illustrations that remind them of their loved one and place them in the Memory Garden at Bo's Place so that those memories can live on in their honor.

Good Grief for Kids is a two-day workshop specifically designed for professionals who support children who have experienced the death of someone significant to them. Licensed mental health professionals teach the basics of grief theory, discuss how to better understand the impact of loss and explore sudden and

traumatic death experiences. Pre-registration is required. Payment secures registration. Early registration (before 2/3/11) is \$110 (Thursday only) or \$175 (Thursday and Friday). Regular registration is \$125 (Thursday only) or \$200 (Thursday and Friday). Fees include handouts, activities, refreshments and CEU credit. Lunch is not provided. For more information or to register contact Valencia Buggs at valencia@bosplace.org or 713-942-8339.

UPCOMING EVENTS

Support Bo's Place by participating in the El Paso 5K Fun Run on January 30th

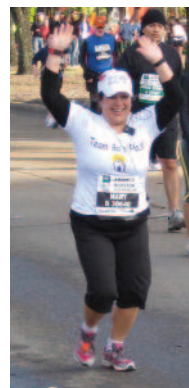
Bo's Place has once again been selected as one of the beneficiaries of the Houston Marathon Run for a Reason. All our Chevron Marathon and Aramco Half Marathon slots have been snatched up and we have over 80 individuals helping fund raise on our behalf. You can still be a part of the fun and support Team Bo's Place by participating in the El Paso 5K Fun Run!

WHEN: Sunday, January 30 at 7:30 a.m.

WHERE: George R. Brown Convention Center, Downtown Houston

REGISTRATION FEES: \$30

For more information, contact Graeme Etzler at graeme@bosplace.org or call 713-942-8339.



Hearts of Hope Luncheon Tickets Available

WHEN: February 2, 2011

WHERE: Hilton Americas, Downtown Houston

CHAIRS: Chris and Merrell Athon & Dorothy and Ronny Cuenod

HONORING: Mark A. Wallace, *President and CEO of Texas Children's Hospital*

Tickets available at www.bosplace.org or contact Elisabeth Laborde at elisabeth@bosplace.org or call 713-942-8339.

SAVE THE DATE

Bo's Place Girls' & Guys' Night Out

Betting on Bo's Place - a Vegas inspired evening

WHEN: April 7, 2011

WHERE: Hotel ZaZa Houston

CHAIRS: Patsy Fox and Amanda Fox

Gary Kappler and Cullen Kappler



Interested in Becoming a Bo's Place Volunteer Group Facilitator?

WINTER 2011 TRAINING DATES

Thursday, January 20

Monday, January 31

Monday, February 14

Monday, January 24

Monday, February 7

Monday, February 21

All training times are 5:45-8:45 p.m.

Facilitator volunteers lead daytime and evening support groups for children ages 3-18 and their families. Facilitators lead these age-appropriate children or adult groups from 5:45-9:15, twice monthly or every week. During the day, facilitators can help lead weekly Little Friends (age 3-5) groups or the Adults groups. Experience in mental health professions is not required. Volunteer facilitators must attend a Volunteer Information Session, followed by one of our 30 hour trainings that are held twice a year. Facilitators must be at least 22 years of age and must commit to one year of service.

For more information about our Volunteer Group Facilitator opportunities, please contact Carla Bagalay, Volunteer Coordinator, at carla@bosplace.org or 713-942-8339.

BO'S PLACE STAFF

Mary Beth Staine
Executive Director

Ann Weiss, L.P.C.
Program Director

Marian Mankin, L.C.S.W.
Assistant Program Director

Elizabeth Cobb, L.P.C. L.M.F.T.
Ongoing Programs Coordinator

Russ Robinett, L.P.C., L.C.D.C.
Trauma Program Coordinator

Deborah Greco, L.C.S.W.
Group Coordinator

Corrine Waljarvi, L.M.S.W.
Clinical Researcher

Carla Bagalay
Volunteer Coordinator

Courtney Vamer
Community Outreach Coordinator

Graeme Etzler
Development Coordinator

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Special Events Coordinator

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Valencia Buggs
Administrative Assistant

Ed Goodwin
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Leroy Finner
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Giggy Thanheiser

Christopher Thomas

Daisy Sloan White

Charla Wilson

Kathryn Hall Wilson

Christy Woodruff, M.D.

BO'S PLACE WISH LIST

Gift Certificates
(Texas Art Supply, Hobby Lobby,
Michael's, Sam's Club, Office Depot and Target)

Paint Pens

Multi-colored sharpies/permanent markers

Masking tape

12 x 18 manila or white heavy drawing paper

Post-it Notes (various colors)

Kleenex

Multifold paper hand towels (dispenser style)

Toilet paper

55 gallon heavy duty trash bags

Paper towels

Sturdy paper plates, dinner and dessert size

Sturdy paper or plastic bowls

Paper or plastic cups

Paper napkins

Sturdy plastic flatware

Ziploc Bags (quart or gallon size)

Visit the National Archive of Grief Support Studies

The National Archive of Grief Support Studies provided by Bo's Place is a database of bibliographical information and summaries of recent articles selected for their relevance to grief and bereavement service providers. The articles that are summarized are selected from scholarly, peer-reviewed journals and highlight key concepts as well as provide a brief statement of implications for service providers. Bibliographical information may be used to obtain the original article. Visit NAGSS at: www.bosplace.org/naggs.



Executive Director
Mary Beth Staine with
members of St. Martin's
Episcopal Church as they
served the first holiday
meal of the season for
one of Bo's Place Family
Support Groups.

Non-Profit Organization
U.S. Postage
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Houston, Texas

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.

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