

# Healing Hearts



Bo's Place®

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The painful emotions associated with grief are like none other. Most who are grieving have never felt sadness so deeply, anger so hotly, and guilt so helplessly. Grief is hard enough to process for adults, but may be even more difficult for children whose emotional development is ongoing.

When it comes to children and grief, it is important to remember:

- Grieving children often experience their world as "out of control," resulting in fear as one of their primary grief emotions.
- Children are quick to blame themselves for the death of a loved one and may "secretly" carry this guilt for long periods of time.
- Children who have experienced the death of a loved one often feel isolated and different, giving them more incentive to deny

their feelings.

Part of the reason feelings get buried when children and even adults experience the loss of a loved one is because those feelings are varied, overwhelming and sometimes unrecognizable. The intensity of them seems unbearable and this makes the emotions feel unmanageable.

We also may sense that if we start feeling those painful emotions, we won't be able to stop. In other words, if you begin to feel that deep sadness, there will be no turning back and you'll fall into a sadness abyss. That's why it can seem easier and safer to just bury those feelings; perhaps by ignoring them they will go away faster.

However, burying your feelings is actually more work than feeling them, and typically only prolongs the grieving process. Burying our feelings can throw off our emotional compass, which can cause us to react inappropriately to other situations. When we are not in touch with how we are feeling, we don't know how to respond, and this can make us feel more out of control.

The truth is that letting the tears flow, raging with anger when we need to, and confessing our fears to a trusted source can help to lessen the pain. When you can discuss your feelings and have a safe space to express them, you will gain the ability to "sit" with those intense emotions. And without them overwhelming you, their intensity will lessen. Sharing our feelings instead of burying them is one true path toward healing.



## The Magic of Bo's Place

There are a number of different ways that we receive feedback on the "magic" that happens at Bo's Place. This could be through a program evaluation, an email, a donation, or a Facebook post. We would like to share a few that we have recently received:



"Being able to visit this facility saved my life. I still have a couple of the stuffed black dogs (I believe they're named Raisin) I earned from my time there and a broken pot that was repaired and had the names of loved ones written on the outside. They're reminders for me in hard times that if I could get through that, I can do anything. I'm able to reflect back on my time there and it was nothing but good memories. I just wanted to tell you all - thank you. Bo's Place saved my life. Never stop doing what you're doing." - Former youth participant

"Thank you Bo's Place for your support and help as I processed the grief of the sudden loss of my husband. It is because of your support and the ladies in my grief group that I have been able to move past my grief. Your help showed me that I was not alone in what I was going through AND that I can be whole again! I am forever grateful for the work that you do for adults as well as children!" - Former adult participant

The "magic" happens when participants open up, share their stories with one another and walk through their grief journey. We could not do the work that we do without our amazing volunteers who help the "magic" happen.



Hearts full of Joy



Dr. Brené Brown



Executive Director, Mary Beth Staine,  
and Robin Bush Award Honoree,  
Peggy Roe



Andrew and Stacey White, Jennifer and Michael Dellinger, Dr. Brené Brown,  
Lisa and Sanjay Kalavar, Lindy and Tom McGee

Chaired by Jennifer and Michael Dellinger, Lisa and Sanjay Kalavar and Stacey and Andrew White, the 2016 Hearts of Hope Luncheon, held at the Hilton Americas on January 28th, raised over \$415,000 to support Bo's Place grief support programs!!

Guest Speaker Dr. Brené Brown validated and encouraged all those who participate in the work we do at Bo's Place, sharing with the crowd of over 850 attendees that those who support the bereaved are working with the hardest part of love - grief when a loved one is lost. She shared just how important experiencing joy and living fully is and encouraged everyone to be whole-hearted in all that they do, to not fear failure or to think you can insulate or protect yourself from pain or loss. In fact, experiencing full joy is "additive" and gives you a reservoir to tap into when experiencing grief.

Receiving the Robin Bush Award this year was Peggy Roe, who spoke beautifully about her deep connection to Bo's Place. She shared a cherished memory about her first time to meet Bo Neuhaus, who is our namesake. Since then, the Roe and Neuhaus families have been longtime friends. Peggy served as a Board Member and is now an Advisory Board Member, and is our top fundraiser for Team Bo's Place, our running group for the Marathon's "Run for a Reason" program. We are thankful for all Peggy does to champion our cause and other children's causes in the community.

Bo's Place also debuted a [video](#) about our newest programs, our bereavement camps, our West Houston/Katy support groups, and our Spanish Outreach initiatives. We acknowledged The Hamill Foundation, The Mehta Family Foundation and the New York Life Foundation, all of whom have been critical to the growth of these new programs.

We are grateful that the day was filled with so many expressions of hope, joy and sharing the impact of Bo's Place. Thank you to all who supported this special event.





Thank you to all our Team Bo's Place runners, fundraisers and volunteers for making the 2016 Chevron Houston Marathon, Aramco Houston Half Marathon and ABB 5K an amazing success!

Results:

- 75 runners (including corporate teams)
- 3 Sidewalk Squad Sponsors
- 52 fundraisers
- 20+ volunteers
- \$69,000+ raised for grief support programs!!

Special thanks to our generous Sidewalk Squad Sponsors!



# Upcoming Workshop

## Encounters with the Deceased: Spirituality & Meaning Making

**When:**

Friday, February 19, 2016

9 am - 12:30 pm

Check-in and pastries at 8:45 am

**Where:**

Bo's Place, 10050 Buffalo Speedway, Houston, TX 77054

**Panelists:**

- Stuart Nelson, M.A., Vice President, Institute for Spirituality and Health
- Jerry Ruhl, Ph.D., Psychologist
- Julie Kaplow, Ph.D., A.B.P.P., Associate Professor, Department of Psychiatry and Behavioral Science, UTHealth
- Fr. Donald S. Nesti, C.S. Sp., Director, Center for Faith and Culture, University of St. Thomas
- Cyrus Wirls, Program Manager, Institute for Spirituality and Health

**Cost:**

\$45 with 3 CEUs/\$30 without CEUs

**To register:**

Contact [valencia@bosplace.org](mailto:valencia@bosplace.org) or call 713-942-8339

Pre-registration required. For more information click [here](#).

Sponsored by



# Hucking for Laura

Bo's Place has been the proud recipient of proceeds from Houston Ultimate Community's annual "Hucking for Laura" frisbee tournament for the last two years. Hucking for Laura is a Coed Hat Tournament held in honor of former teammate and friend to Houston Ultimate, Laura Powell Higgins. Laura was a prominent ultimate player who gave much to the growth of the sport in Houston and Texas. In December of 2002, she was murdered leaving behind her husband and daughter.



Ultimate is a non-contact, active sport with a very dedicated community of athletes. Registration is open to the public, and proceeds from this year's event will benefit Bo's Place. Hucking for Laura will be held on Saturday, February 13 from 9 am - 5 pm. For more information or to sign up, click [here](#). Bo's Place will be staffing a table at the tournament to raise awareness of our programs and to cheer on the teams.



## Happenings



On January 7, attendees of the **Gay Christian Network Conference** participated in a day of service with different organizations throughout the City of Houston, including Bo's Place.

On January 8, Program Director Marian Mankin was a panelist for a presentation with **Houston Group Psychotherapy Society** entitled *Unmasking the Magic of Support Groups*.





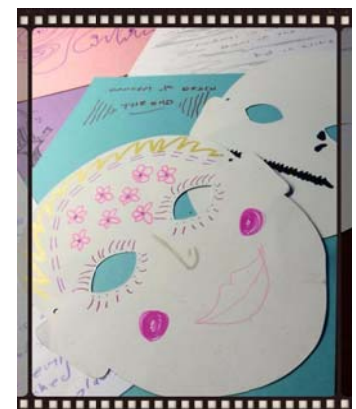
We held a **Pancake Breakfast** on January 9 with Bo's Place staff and Board Members serving a delicious breakfast to Team Bo's Place runners who were carbo loading for the 5K, half or full marathon!

On January 13, members of the **Houston Ultimate Community** volunteered in the kitchen serving meals to our support group families and throwing frisbees in the yard with the children.



On January 13, Program Director Marian Mankin hosted Stephen F. Austin State University senior Courtney Oles for the **Greater Houston Women's Chamber of Commerce (GHWCC) "Love What You Do" Program**. Students who participate in this unique job shadowing experience are able to receive a firsthand look at the workplace in a career of their choice, make valuable networking contacts and have the opportunity to see how classroom learning can be applied to real world situations.

On January 14, Special Programs Manager Courtney Reynolds led a discussion at the **Jung Center** focusing on the *Life and Death...Let's Talk About It* exhibit. Participants interacted through dialogue and experiential art activities, such as feelings mask, concept of death, and virtual dream.







On January 29, Program Director Marian Mankin presented a workshop entitled "Understanding and Supporting the Bereaved" to 53 staff members of the local **New York Life** office.



## Bo's Place Grief Support Services

At Bo's Place, we believe that enabling grieving families to share their experiences with each other helps these families navigate the grief journey and move towards hope and healing. We offer free Grief Support Groups in English and Spanish to families and individuals.

*If you or someone you know would like information about Bo's Place Grief Support Groups for children, families, and adults, [click here](#) or call 713.942.8339.*

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

10050 Buffalo Speedway // Houston, TX 77054 // 713.942.8339

[info@bosplace.org](mailto:info@bosplace.org); [www.bosplace.org](http://www.bosplace.org); [facebook.com/bosplace](https://facebook.com/bosplace)

