

Healing Hearts



Bo's Place®

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Mother's Day When You've Lost a Child

Mother's Day is extremely challenging for women who have experienced the death of a child. Many mothers find their loneliness, sorrow, and confusion increase around this holiday, with advertisements for flowers, candy, and brunches exacerbating the anxiety.

If this is your first Mother's Day without your child, do what feels right for you. If you have other children, it may be helpful to focus on them. If you are further along in your grief journey, you may wish to find a way to honor the life of the child you lost. Some people start a fund to raise money for a cause that was important to their child. Others host a day of service for a project that was meaningful to their child. Finding ways to keep your child's memory alive can help you celebrate his or her life.

If you want to support a mother who has lost a child this Mother's Day:

- Wish her a Happy Mother's Day - Don't ignore the day because you are afraid of hurting her. Instead, honor her motherhood and her strength. Wishing her a Happy Mother's Day tells her that you still see her as a mom.
- Celebrate her child - Talk about her child, using his or her name. You may want to look at pictures and discuss his or her life. If the death is recent, you may be able to participate in an activity that helps commemorate the child's life.
- Spend time with her - Mother's Day might bring up intense feelings of loneliness for mothers who have lost a child. Instead of a phone call or a

card, offer to spend some time with her. If she wants to be alone on Mother's Day, schedule a special outing in the future.

- Listen - Don't think you need come up with just the right thing to say. The grief of losing a child is like no other, and the emotions associated with the loss need to be experienced and expressed. You can be most helpful by just listening.



Volunteer Appreciation Fiesta



On April 2, Bo's Place hosted its annual Volunteer Appreciation Fiesta for approximately 150 people. The Over the Hill Gang provided a delicious dinner of fajitas, rice, and beans, with queso, guacamole, salsa, chips and Mexican

wedding cookies for dessert. Berryhill Baja Grill graciously donated the all-important margarita machine! Clinicians Flor Guebara and Cristina Flores provided music. Volunteer facilitator and Outreach Committee member Marie Hejtmancik de Valenzuela collected door prizes from the community, including restaurant gift cards, spa treatments, a hotel package, a Starbucks gift basket, a TV, and a dinner for ten. After the door prize drawing, fifteen lucky volunteers received festive piñatas. We love celebrating our fabulous volunteers!



Bo's Place Spanish Program is Growing!

This has been a great year for Spanish Outreach activities at Bo's Place. In September, we began offering two Spanish-speaking support groups on the weekends at our main campus, allowing us to serve more people from this community than ever before. This year, we have served 114 individuals in our Spanish-speaking groups.

We could not offer this program without our wonderful bilingual volunteers. In April, Bo's Place offered its first workshop in Spanish, *Los Basicos del Duelo* or *The Basics of Grief: Understanding and Supporting the Latino Beavered Community*.

We will offer a volunteer training for Spanish-speaking volunteers July 9-10. Click [here](#) to learn more.

¡Gracias Houston!



Bo's Place Signature Training Coming in June

Bo's Place is pleased to offer our signature training session, *Good Grief: Understanding and Supporting the Bereaved*, on Friday, June 10 from 9:00 a.m. to 3:30 p.m. at our main campus. The fall 2015 training met with very positive reviews from participants, including:



- Exceptional presentation!! I would most definitely recommend this training to others.
- I really enjoyed how interactive this training was. I had no idea what to expect coming here today, but I was moved by y'all's work!!
- I have learned a lot in this class. I will start using the words "die" and "dead" and "just do" for those who are grieving. I will also recommend others use your services. Great trainers - enjoyed the variety of different trainers in morning and afternoon. I would recommend this training to others - 5+ (on a 1 to 5 rating scale) for sure! Learned a lot today!
- William Worden was useful. Therapeutic elements were practical. Mediators of mourning - thorough list. First time to attend such a workshop. Very glad I did. Thank you.
- Excellent training to help me be mindful of all the ways a child can be affected initially and in the long term. Thanks!

If you, or someone you know, would like to learn more about the grief journey and how to help the bereaved, please come to this training session. We would love to have you!

To register now, click [here](#).
For more information, click [here](#).



Happenings



On April 1, Bo's Place hosted Anne Strain, who presented "**Ethical Interactions with Grieving Children & Families**" to mental health professionals.

On April 8, we welcomed **Past Presidents of the Board of Directors** and **Advisory Board Members** to a luncheon at Bo's Place. We appreciate the sustained leadership and support of this group!.



At the April 11 **Run for a Reason Luncheon**, Bo's Place won the "Top Sidewalk Squad Charity" award, thanks to the support of Dignity Memorial, Superior Energy, and Norton Rose Fulbright.

We send a monumental thank you to **Congregation Beth Israel** who, on April 11, treated our families and facilitators to a fabulous meal.



On April 13, Bo's Place representatives attended the **Texas Children's Hospital Child Abuse Awareness & Prevention Event**.

On April 28, Program Director Marian Mankin was a speaker at **Neighborhood Centers' Annual Mental Health Symposium** for Head Start families.



On April 29, Bo's Place hosted its first workshop in Spanish, ***Los Basicos del Duelo***.



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.

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