

Healing Hearts



Bo's Place®

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Dear

Friends,

One in 20 children will experience the death of a parent or sibling before the age of 18. This number does not include children who have experienced the death of grandparents, friends, classmates, teachers and others that they know.

Since our founding 25 years ago, Bo's Place has provided countless hours of free grief support programs for children, teens, adults and families. We provide year-round support for the bereaved by giving them a safe place to share their thoughts and feelings with others on a similar journey and a chance to discover renewed hope for what the future might be, despite a great sorrow.

As we celebrate our 25th Anniversary milestone, we honor the past and look forward to a bright future. **Thanks to a generous friend of Bo's Place, we have been given a 25th Anniversary matching gift challenge. All gifts received between July 1 and December 31, 2015, from new donors, and increased gifts from current donors, will be matched dollar for dollar up to \$100,000.**

Bo's Place invites you to help us bring solace to those in grief by making a contribution and meeting the challenge of this matching grant.

[Donate now](#), and make twice the impact for bereaved children and families.



With
Mary
Executive Director

Beth

gratitude,
Staine



November is...

Children's Grief Awareness Month

On Thursday, November 19, Bo's Place will participate in National Children's Grief Awareness Day. This annual observance draws attention to the unique aspects of childhood grief and reminds us to support grieving children in ways that are meaningful to them. Each child's grief is his or her own, reflecting individual experiences, families, cultures, and communities. Children may grieve the loss of a loved one throughout their lives in different ways.

Understanding how children grieve is key to providing support that is helpful. For example, caregivers who work to connect with, encourage, and uplift children can help them better cope with grief. It is also important for adults to model healthy grieving for children, while also giving them space to grieve in their own ways. Preparing children for what they might experience after the death is another way of supporting them.

At Bo's Place, we give both children and adults the opportunity to connect with their peers over what they are experiencing in their grief journeys. Some Bo's Place families offer their own tips on helping children deal with the complex feelings of grief. Download the Tips sheet [here](#).

Throughout November, we will post tips on how to help grieving families. We encourage you to wear blue on November 19 in honor of Children's Grief Awareness Day and to spread the word about this important initiative. Tag Bo's Place in pictures of you in blue on Facebook, Twitter or Instagram, and use the hashtags #HelpHealHearts and #ChildrensGriefAwarenessDay



Gratitude & Thanksgiving

Thanksgiving is a time to count blessings, and gather family and loved ones close to share a meal and make memories. However, it can be hard for the bereaved to think of what they are thankful for when they are so painfully aware of what they have lost. Each November, Bo's Place does an activity in the ongoing groups called "Tree of Thanks."



Group members write things they are thankful for on a paper leaf and decorate it in fall colors. Then they add their leaves to a "tree" in our art room as a visual reminder that there are still good things in life. Being able to be grateful for what you do have can help inspire hope for the possibility of more good things in the future. Research points to the [health benefits](#) of practicing gratitude. Even in your darkest days, try to find at least one thing to be appreciative of; it could be a good cup of coffee, an unexpected text from a friend or a surprisingly beautiful sunset on your drive home. Take a moment to acknowledge your gratitude each day, and you may find that your list of good things in life gets longer.



We *heart* our Volunteers



Andra Morris has been an energetic and dedicated volunteer at Bo's Place for the past ten years. She facilitates groups every Wednesday and volunteers at Camp Healing Hearts. She has also facilitated the Tuesday LIGHT group and helped build the Katy location by serving as a volunteer to get that program started. In addition, Andra and her husband, David, generously sponsor Holiday Meals.

In Andra's words:

"It was August of 2005, and my friend Mark was listening to my description of how I really want to spend my time. I outlined how my stepfather's early diagnosis of prostate cancer had allowed me to see the impact of a major illness on the whole family, and, from the many cancer-support books given to

him by family and friends, I learned how challenging it is to have a family member with a long-term illness. Everyone rallies to support the person who is going through the physical and monumental work of healing, and everyone in the family suffers because life as you know it has just radically changed. It's a rollercoaster ride. Mark asked if I knew about Bo's Place, and this was my introduction to grief support groups. I was a volunteer a month later.

If I could capture what it feels like and sounds like to be in the groups with the parents and guardians at Bo's Place, it feels and sounds like this: an ease of finally being in a place, at least for an hour, where someone will listen so well that all anxiety, anger and tears can be shared, and so dissolve, and the part of life which is so unwanted, the anguish and grief, isn't as overwhelming as it was when group started.

These writings below are some of the guideposts I have for being with others as a group volunteer:

Carl Rogers - "When a person realizes he has been deeply heard, his eyes moisten. I think in some real sense he is weeping for joy. It is as though he were saying, "Thank God, somebody heard me. Someone knows what it is like to be me."

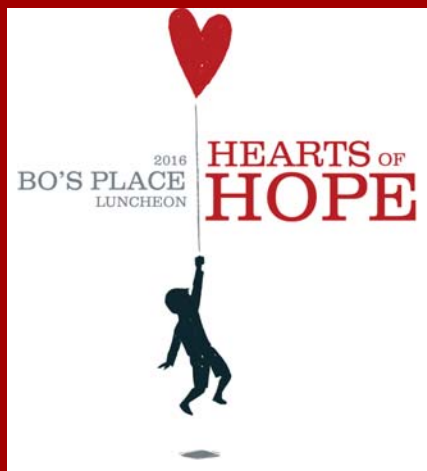
Elizabeth Kubler-Ross - "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern."

Victor E. Frankl - "Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you."

I have deep honor and love for the families who come for fellow support at Bo's Place, learning how their grief is shared and how they are not alone...that grief and anguish are normal. It is a privilege for me to walk alongside them, to listen and support them."

It is a privilege to have Andra Morris as one of our dedicated volunteer facilitators. Thank you, Andra.





The 19th annual Hearts of Hope Luncheon to be held on Thursday, January 28, 2016, at The Hilton Americas

We are honored to have world renowned speaker **Brené Brown**, who is a research professor at the University of Houston Graduate College of Social Work, at this year's luncheon. Brené explores topics that resonate with the work that Bo's Place does in our effort to help heal hearts after the loss of a loved one. She is well-known for her TED Talks and #1 New York Times bestselling books, *Daring Greatly* and *The Gifts of Imperfection*. Her newest book, *Rising*

Strong will be available at the luncheon, where Brené will share with all of us, what it takes rise from our falls, overcome our mistakes, and face hurt in a way that brings more wisdom and wholeheartedness into our lives.

We hope you will join us by purchasing tickets or a table [HERE](#) to support Bo's Place! For more information, please contact Andrea Sivells at 713-942-8339 or andrea@bosplace.org for more information.



Refuel Team Bo's Place

On Sunday, January 17, 2016, Bo's Place will staff a refueling station at mile 6.5 of the Houston Marathon! Refueling stations provide water and Gatorade for runners as they tackle the race. With our location at mile 6.5, we will see all estimated 27,000 runners in the half and full marathons! We need volunteers to cheer on the runners and hand out water at our station. Set-up is typically at 5:00 a.m. and breakdown is at 10:00 a.m. More details are available upon sign-up.

If you would like to be a part of the team, sign up [here](#) for the Mile 6.5 Refueling Station. Access Code: BOSPLACE

We will also have a tent at charity village. If you are running the race, please stop by when you finish for team photos and celebration! For any questions, please contact Teri Howell at marathon@bosplace.org.





Happenings



A big thank you to members of the **Houston Area Realtors International Committee** who volunteered to serve potluck supper at Bo's Place on October 5. It is always gratifying to introduce the magic of Bo's Place to new friends.

On October 6, visitors to the *Life & Death...Let's Talk About It* exhibit at **Galerie Spectra** engaged in activities designed to help them cope with the loss of a loved one and practice reaching out for support. One such activity is writing a letter to the person who died, which can calm the bereaved and create continuing bonds.



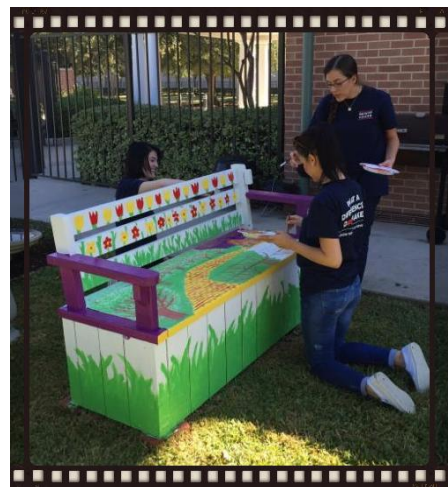
Thanks to **Tenenbaum Classic Jewelers** for hosting the Kick-Off Luncheon on October 7 for this year's *Una Notte in Italia!* Surrounded by sparkling baubles, ladies, including our Kick-Off Co-Chairs Melissa Mithoff and Claire Thielke, toasted the upcoming event.

This beautiful **Día de los Muertos altar** was created by Bo's Place staff and volunteers after attending a workshop on October 9 at **Casa Ramirez** on the traditions and altar meanings of Día de los Muertos.



On October 10, Bo's Place Program Director Ann Weiss presented "Helping Grieving Families Through the Holidays" at the Mental Health Forum presented by the Alpha Kappa Omega Alumnae Chapter of **Alpha Kappa Alpha Sorority**.

Volunteers from **Avison Young** spent their Service Day at Bo's Place on October 15. These fabulous volunteers planted flowers in our memory garden, touched up the wrought iron fence, painted a garden scene on the wooden bench, and helped prepare our Annual Appeal mailing. Thank you for being such good friends to Bo's Place!





On October 18, **Landauer Art** hosted an interactive open house featuring part of the *Life & Death...Let's Talk About It* exhibit. Guests contributed to a community art piece and discussed grief as an experience of both sadness and joy.

Thank you to volunteers from **Local Search Group** for providing a fabulous Olive Garden meal on October 19.



Volunteers from the **University of Georgia Alumni Association** spent October 24 at Bo's Place for a Day of Service.



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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