

Healing Hearts



Bo's Place

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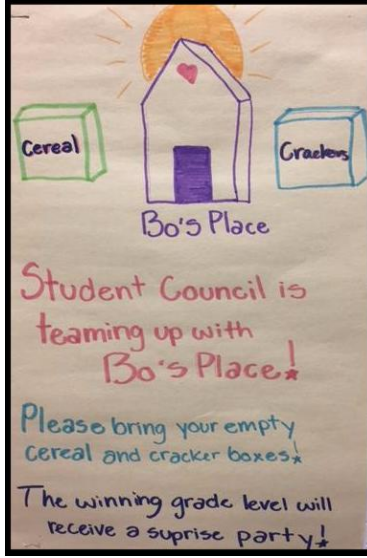
Community donations help grieving kids express anger

Anger is a common reaction to grief. Many of the children who attend grief support groups at Bo's Place have mentioned that one of the ways they cope with their anger is by screaming into a pillow. With this feedback in mind, the Scream Box activity was born.

The activity prompts children to talk about their anger and provides a way to cope with it by creating a Scream Box. It is made from a cardboard box, newspaper, a paper towel roll, Kleenex and duct tape. The Scream Box is designed to allow children to scream into it as a way to safely express their anger.



This past May, children in some of our support groups completed their own versions of Scream Boxes. With the help of our community partners, including Nottingham Elementary Student Council, over 500 cardboard boxes were donated specifically for this activity!



Children loved the activity; in fact, one group of adults wanted to start a petition so that the adult groups could create their own Scream Boxes!



Race day revelry

The inaugural Hats, Hearts and Horseshoes was a sight to behold. The picture-perfect setting at the home of Paige and Tilman Fertitta welcomed over 400 supporters in their Derby best. Chairmen **Megan and Luke Hotze** and **Hannah and Cal McNair** greeted friends and supporters of Bo's Place for a fun day of games, beverages and laughter on the lawn.



Taking home bragging rights were **Brad Marks** (Best-Dressed Gent), **Hannah McNair** (Best Hat) and **Hallie Vanderhider** (Best-Dressed Dame). Fan favorite

noshes were special popsicles and delicious bites by Landry's. More sweet treats awaited guests upon their exit, though no one wanted to leave.



This fun Derby Party could not have been a success without our wonderful supporters, which are all listed [here](#). A very special thank you to our Triple Crown Presenting Sponsors: The Robert and Janice McNair Foundation and Cal and Hannah McNair. Also helping us reach the finish line were Mint Julep Sponsors: Desroches Partners LLP/Julia and Harvin Lawhon, Megan and Luke Hotze/Cathy and Mark Hotze, Debra and Mark Gregg, Lisa and David Pitts, Connally and Mark Burroughs/Shannon and Richard Kroger/Samantha and Jon Lanclos/Jennifer and Chad Pinkerton/Jade and David Shine, Vivian Wise/Heart of Fashion and a fun table of Board Members: Tonja De Sloover and Adam Hricik/Ali Dodson/Laura and Ryan Higgins/Heath LaPray and Travis Torrence.

The mid-day frolic was a winner and everyone placed their bet on Bo's Place, which came out on top by raising \$350,000! We hope you'll make plans to join us next year on **May 5, 2018!**



In case you missed the fabulous online coverage, you can check it out here:

[PaperCity](#)

[CultureMap](#)

[Houston Chronicle](#)



Good Grief

In a recent talk at Memorial Drive Presbyterian Church in Houston, Sheryl Sandberg spoke of her husband's unexpected death two years ago, and the concept of post-traumatic growth. The Facebook COO recently co-authored a book titled *Option B: Facing Adversity, Building Resilience, and Finding Joy* with psychologist Adam Grant.

One of the core beliefs at Bo's Place is that following the death of a loved one, people have the internal capacity for healing, given a supportive and appropriate environment. Sheryl found herself isolated after her husband's death and reached out to her online community for the support she so desperately needed. Sheryl learned, through conversations with friend and co-author Adam Grant, about resiliency and began to understand more about the concept of post-traumatic growth while researching the book. The two concepts of resiliency and post-traumatic growth are different, but relate directly to the belief that it is possible for bereaved individuals to continue their lives with hope, recovery and growth.

Bo's Place Director of Community Education/Outreach, Jodie Gonzalez, was in the audience as Sheryl shared her story. Sheryl's words resonated deeply with Jodie, both personally and professionally. "After my little sister and brother-in-law were killed there were many years of psychological struggle, but ultimately I experienced

a greater appreciation for life and stronger relationships as a result of that trauma."

In our upcoming workshop *Good Grief: Understanding and Supporting the Bereaved*, Bo's Place clinicians will outline our core beliefs and provide a framework for supporting those in grief. Despite the title, grief rarely "feels good," and as William Worden describes in his tasks of mourning, the second task is "to process the pain of grief." Through experiential exercises and practical information, participants will learn how to help the bereaved navigate the tumultuous path of loss, toward one of healing. It is important to understand that grief isn't about forgetting or "moving on," it is about developing a changing relationship with the deceased and continuing with one's own life. Sheryl Sandberg has done this in many ways, and shared with the audience a newly created ritual that she and her children have established. Every night at dinner the three remaining members of her family sit together and share one thing for which they are grateful. The families who obtain grief support at Bo's Place have also found that even in the midst of suffering and pain, there are quiet moments of gratitude.

If you are interested in gaining a more in-depth knowledge of grief theory and children's understanding of death at various developmental stages, please join us for this interactive workshop on June 16. We will explore the factors that impact a person's grief journey and discuss therapeutic elements that promote growth along that path. In a culture where talking of death is often taboo, Sheryl Sandberg's book is "kicking the elephant out of the room" and encouraging people to learn how to support those who are struggling. We at Bo's Place agree, and hope you will join us for a candid exploration of grief through a lens of hope, healing and growth.

Good Grief: Understanding and Supporting the Bereaved
Friday, June 16
Bo's Place Training Room
For more information or to register, please click [here](#).



Volunteer opportunity for Spanish speakers



¡Ayúdenos a sanar corazones haciéndose un voluntario de Bo's Place!

For Spanish speakers who would like to help Bo's Place heal the hearts of those who have experienced the death of a loved one, please consider joining us for our upcoming volunteer facilitator training on July 8-9 for bilingual volunteers. The training will be conducted in Spanish, with written materials provided in English.

Volunteer Facilitator Training for Spanish speakers
Saturday and Sunday, July 8-9, 2017
9:30 a.m. - 4:00 p.m.



Run for a Reason

Team Bo's Place is proud to once again participate in the Chevron Houston Marathon/Aramco Half Marathon's Run for a Reason program in January 2018. Our goal is to raise over \$80,000 and we need your help!

June 7th is #GlobalRunningDay and you can celebrate by signing up for Open Registration [here](#), and selecting that you want to fundraise for Bo's Place. You can also sign up as a HERO by making a tax deductible donation of \$350 and receive benefits that include a custom HERO bib, tech cap, private pre-race bathrooms and more!



If 3.1 miles is more appealing to you, sign up for the ABB 5K [here](#)! You can still create a fundraising page [here](#) to help us reach our goal. Not a runner? You can also show your support for Team Bo's Place by making a donation [here](#). Every little bit helps us get closer to our goal!

Please contact Rina Ocampo at marathon@bosplace.org with any questions.



Help us reach the financial finish line

Please consider a gift to our Annual Appeal campaign. We'll close the books on this fiscal year on June 30 and need your help to make sure Bo's Place meets our year end goal. Gifts of all sizes matter and make a difference. Consider making a gift in honor or memory of a friend or loved one. Gifts over \$100 are eligible for a commemorative brick on our walkway.

Make your gift [here](#).

For questions, contact Andrea Sivells at andrea@bosplace.org or 713-942-8339.



You make the **difference for Bo's Place.**





Happenings



Thank you to **Enbridge Energy** (formerly Spectra Energy) volunteers who provided dinner for our family support groups on May 10.

On May 12, Courtney Reynolds, LCSW, presented a workshop entitled ***Lean on Me***, where participants learned about the importance of teamwork in grief work and had the opportunity to test out a variety of team-building activities.



Our thanks to **St. John the Divine Episcopal Church's** Young Professional Organization volunteers who provided breakfast for a weekend support group on May 20.

On May 21, **AT&T** employees provided lunch for one of our weekend support groups. Thank you!



Special thanks to our 2017 Marathon **Sidewalk Squad Sponsors** for Run for a Reason. Team Bo's Place received the top Sidewalk Squad Charity award for the second year in a row!



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.

