

# Healing Hearts



Bo's Place

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## Camp Healing Hearts



Booming sounds of "I am creative! I am courageous!" could be heard from cabin to cabin at Bo's Place Fall Camp Healing Hearts. Families from Bo's Place spent November 17-19 at Camp For All in Burton, TX, participating in new activities and using various media for creative expression as they continued their grief journey. At any point in time, you could find campers petting Dolly the Llama, throwing wet koosh balls on their worries to wash them away, recording a duet in the music studio, taking pictures of the beautiful scenery and fellow campers, or zip lining from the tower after conquering the fear of that final leap.

One of the goals of Camp Healing Hearts is to help families build a stronger support

network and feel less isolated in their grief. A volunteer reported, "our cabin is so supportive to one another that the times walking to and from activities were as powerful as the activities themselves." Camp Healing Hearts strives to help grieving families feel an increased sense of hope for the future, including the potential for experiencing joy again. The joy shared throughout the weekend was palpable, from the outbreaks of laughter, to the amazing moves on the dance floor, to the beaming faces of our campers in their family photos. A 10-year-old girl was having so much fun that she requested Camp Healing Hearts move to the summer and be one month long!

Fall Camp Healing Hearts would not be possible without the funding from the Upton family and friends in memory of Ginger Upton and the countless hours of work of Bo's Place staff and our Camp Healing Hearts Volunteers. Thank you to everyone who helped Bo's Place heal hearts this November at camp!



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



Each year over 5,300 individuals receive support from Bo's Place through our grief support groups, information and referral line, and education and training workshops. Donations to Bo's Place make these opportunities possible in our community.

As we close out 2017, we hope you will consider an end-of-year gift to Bo's Place through our Annual Appeal. Donations to this campaign help us to provide grief support services at no cost to those in need. Together we can make sure that no one has to grieve alone.

**MAKE A GIFT**



## SMILE!: supporting our volunteer facilitators

On October 30, Bo's Place offered our volunteer facilitators an opportunity for Advanced Facilitator Training, focused on setting a foundation for desired behavior in our support groups. Entitled S.M.I.L.E., the training outlined 5 basic techniques that help guide children to favorable choices: *Specific feedback, Modeling, I/We statements, Logical consequences, Expectations*.

Bo's Place Katy Program Manager, Lori Bokone, led a high-energy and interactive training which included live examples of concepts, video clips featuring Bo's Place

staff, and practice opportunities for participants. Prior to joining our staff in 2016, Lori served as a volunteer facilitator at Bo's Place for eight years while working as a special education teacher. She holds a Master's Degree in Counseling from the University of Houston and a Bachelor's Degree in Psychology from The Ohio State University.



Although the training focused on techniques to support grieving children, many concepts are universal. Facilitators found ways to assimilate the techniques for adult group members as well. The key to setting a foundation for desired behavior is first to model suitable behavior, and then acknowledge when we witness it from our group members. Giving specific feedback shows children that we are paying attention to them and serves as motivation for others to receive the same kind of positive attention by replicating the behavior. It is our goal at Bo's Place to ensure that expectations are clear and group members are provided concise instructions on what should happen next, which is especially helpful during transitions. In the end, Lori taught us that we can positively influence the behavior of others when we remember to S.M.I.L.E.!



## Ride with Buddy!

Start Saturday December 9 on the right foot with Bo's Buddies! Join us for a heart pumping morning of fitness and FUNdrising at RIDE Indoor Cycling in the Heights! Reserve your bike for \$40 and you will receive a Bo's Place stuffed puppy, shoe rental, keepsake towel and refreshments after class. Spots are limited, so sign up today or contact Rina Ocampo at [rina@bosplace.org](mailto:rina@bosplace.org) for more information.

**Saturday, December 9th  
12:30pm - 1:30pm  
RIDE Indoor Cycling Heights  
548 W 19th St Ste B  
Houston, TX 77008**

**REGISTER NOW**



## An intern's perspective on hosting a national conference

Bo's Place was the local sponsor of a conference on anticipatory grief in children, which was broadcast nationally by the National Alliance for Grieving Children (NAGC) on November 2. We have been planning this



event, which was held at Texas Children's Hospital Pavilion for Women, for the better part of a year. It was gratifying to see the event unfold for a full house of 148 audience members. One of the Bo's Place interns from the University of Houston Graduate College of Social Work, Gregory Yarbrough, reflected on his experience at the conference:

"Attending the NAGC's Annual Fall Conference gave me an opportunity to take part in something completely different from what I expected at my Bo's Place internship. I was able to take a peek into the world of what professional Social Work could look like outside of Bo's Place and on a more macro-level. Being involved with the behind the scenes planning and set up of a large-scale national conference was a unique and valuable experience that I feel fortunate to have experienced.

For me personally, beyond the planning phase of the event, I was able to learn an extensive amount of information from professionals with vast experience working with children who are anticipating a death. Patti Anewalt, when speaking on the anticipatory death of a parent, emphasized the importance of a child needing the opportunity to say goodbye. In dealing with the anticipatory death of a sibling, Taryn Schuelke referenced the four temperaments, how they related to a child's grief, and some helpful ways for each to process grief. To end the day, Jeanine Clapsaddle discussed in detail what happens after a child is informed of a loved one's impending death. She noted that bibliotherapy is one very helpful technique that allows for parallel play when talking to children about this topic.

The day flew by, and I left with a sense of accomplishment and practical knowledge to help support children facing an imminent death. This conference is

one that I will never forget."

-Gregory Yarbrough



We are just three short months away from our annual Hearts of Hope Luncheon on Thursday, February 15th at the Royal Sonesta and we hope you'll join us to support the children, families and individuals who come to Bo's Place. Your ticket or table purchase helps us provide

grief support and special programming at no cost to help bring families back together after the death of a loved one.

This year's Chairmen Lauren Hamner and Eloise Novotny have been hard at work to ensure we have a wonderful program in store. Our speakers this year will be former NFL Player Brian Griese and his wife Brook. Together they opened their own bereavement center in Denver, Colorado. We will also honor Rahul Mehta with the Robin Bush Award, as he was instrumental in our expansion to the West Houston/Katy area by providing our first space in the area.

We look forward to sharing with you the incredible strength and resilience we have seen from our families this year. Make your reservation for tickets or a table before December 9th to be included in printed materials. For more information, please contact [Rina Ocampo](#) at 713-942-8339.

**PURCHASE TICKETS**



## Happenings

Thank you to Nick Chipriano for nominating Bo's Place for funding from **Valero**. Executive Director Mary Beth Staine is pictured receiving a generous check for \$5,000 on November 3!



We love the annual tradition of **St. Martin's Episcopal Church** decorating our Dining Room for Thanksgiving. On November 6, their volunteers filled the room with festive décor for our families to enjoy throughout the month.

On November 15, volunteers from **New York Life** spent an afternoon at Bo's Place completing volunteer projects in preparation for upcoming support group activities.



Ten holiday elves from **National Charity League, Heart of Texas chapter**, made Bo's Place holiday-ready over the Thanksgiving break! Families returned to a building full of holiday cheer. We thank these sweet volunteers for their service—we will enjoy these decorations throughout the month!



## 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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