

# Healing Hearts



e-Newsletter // June // 06.01.18

## Calming Jars

In May, children in some Bo's Place support groups created their own grief storms. Children discussed the different emotions they feel and shared healthy coping strategies for their emotional reactions. Following the group discussion of the emotions they have felt during their grief journey, children created their own grief storms (calming jars) using corn syrup, water, soap, glitter, food coloring and duct tape. When the jar is shaken, the contents inside resemble a storm. The children are then instructed to begin mindfully breathing as the glitter settles, so they can both see and feel that they have the ability to create calm after a storm.



This activity helps children identify their emotions and also teaches healthy coping strategies: mindfulness and breathing.



## Bo's Place sets the pace for a new record

Over 400 guests gathered with event Chairs **Hannah and Cal McNair** and **Megan and Luke Hotze** on Saturday, May 5th for what is quickly becoming a signature springtime event in Houston: Hats, Hearts & Horseshoes - a Kentucky Derby Affair!

Decked out head-to-toe in the most chic ensembles, guests gathered at a private estate in River Oaks to enjoy a perfect afternoon of sunshine, libations and scrumptious bites. A flurry of fun awaited guests prior to the "run for the roses." The red rose wall photo booth, derby dollars giving tree, live DJ, and auction kept everyone entertained. Game enthusiasts enjoyed "heads or tails" and the racing wall, which gave guests the opportunity to go "all in" for a great cause. Winners of each activity were treated to a trip to IW Marks to pick up an

item valued at \$2,500! Bragging rights were handed out to best dressed and the best hat.

Before the big race, guests gathered as the Chairmen thanked everyone for their support of the event. The crowd was captivated by a very moving personal story from co-Chair Hannah McNair about Bo's Place and her belief in the mission. All told, over \$370,000 was raised so that Bo's Place can continue to provide grief support to children, families and adults at no charge.



## Volunteer Spotlight: Benton Smith

Benton is 17 years old and a member of Boy Scout Troop 265 in Flower Mound, TX. He is a junior at Flower Mound High School and plays bass clarinet in the school band. After graduating, he plans to attend college and study mechanical engineering. He is currently working toward his Eagle Scout rank and he selected Bo's Place as the beneficiary of his project, after learning how important the services are to the community. In discussing potential projects with the staff at Bo's Place, Benton decided to build several items: a wooden sign to match the Bo's Place logo, a bulletin board to display announcements for families, and a house-shaped shelving unit to hold



stuffed animal puppies for our preschool-aged participants.

Benton explained "My plans evolved from the beginning of the project to the end as I figured out better ideas and solutions for the items I was building. I completed the project with the help of 20 volunteers that I delegated different tasks to, including painting, sanding and assembly of each piece. The most difficult part of the process was delegating tasks because I wanted to be more hands-on with the project."

When we spoke with Benton, we learned that the most incredible part of this experience was the insight he gained from a leadership perspective. Learning to manage a large group of volunteers was a huge challenge, but he found that by creating a fun environment, the volunteers remained engaged and were able to produce incredible works of art to benefit Bo's Place for many years to come.

Thank you, Benton, for your hard work and commitment to service and leadership!



Bo's Place currently has two activity rooms we have previously called "Tornado Rooms". Program staff are redesigning these rooms to have more specific uses. One room will be used for team building and more active expressive activities and the other room will house our musical instruments and have activities focused on musical expression, emotional awareness and mindfulness. As such, we will be renaming these two rooms and stocking them with new activities.

Please consider purchasing items from our Wish List to help us create these innovative new activity rooms and enhance our program offerings.

[VIEW WISH LIST](#)



# Run for a Reason with Bo's Place

Run with Bo's Place at the Chevron Houston Marathon, Aramco Houston Half Marathon or We Are Houston 5K in January 2019. We are excited to be a Run for a Reason charity for the 14th consecutive year and our goal is to raise \$80,000 with your help!

June 6th 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 or choose the [Fundraise for Registration](#) option. You'll receive benefits that include a custom race bib, tech cap, private pre-race bathrooms and more!

If you are wary of running long distances, the We Are Houston 5K is the perfect option and you can still fundraise for Bo's Place by creating a [fundraising page](#). Make your race day experience more meaningful this year by choosing to run in memory of a loved one or in honor of the families at Bo's Place. Race weekend is one of the best weekends in Houston and we would love to have you experience it with Team Bo's Place!

Please contact Rina Ocampo at [marathon@bosplace.org](mailto:marathon@bosplace.org) with any questions.



## Happenings

On May 4, participants in our school-based groups enjoyed an **end-of-year field trip to Bo's Place**. They were surprised when Greg Mancz from the Houston Texans arrived to share their day with them!



Our friends from **PBK Architects** graciously provided a meal for families on May 9!



On May 13, this mother/daughter volunteer duo spent Mother's Day staffing a resource fair table for Bo's Place at **Festival de Mayo by Univision**. #weheartourvolunteers!



On May 23, it was our privilege to have **Sandra Lopez, LCSW, ACSW, DCSW** lead a lunch & learn for our entire staff, focused on Trauma-Informed Care.



Volunteers from **Optum** provided and served a delicious meal for our families on May 24!



## 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)

