

Healing Hearts



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November is Children's Grief Awareness Month

How many children are we talking about?

In Texas, it is estimated that 1 in every 16 children will experience the death of a parent or sibling by the age of 18. According to the recently released Childhood Bereavement Estimation Model (CBEM)[1], an estimated 4.8 million children in the U.S. will experience the death of a parent or sibling before they reach adulthood - this number more than doubles by age 25. And this estimation does not include the death of a grandparent, friend or other significant person in a child's life.



Why does it matter?

Death is a natural part of life, but the death of a parent, sibling or other significant person in a child's life is not what one expects a child to experience. Many consider it to be one of the most disruptive and traumatic experiences that a child could endure. Without appropriate support, a child's world view, sense of safety and security, and developmental trajectory could be significantly altered. When left unaddressed, grief and trauma reactions can result in a higher risk for anxiety, depression, posttraumatic stress and other challenges including absenteeism, academic or work struggles and relationship issues.

Fortunately, the right kind of support can reduce these risks and promote healthy wellbeing in children and families as they adjust to this type of significant life-changing loss. The right kind of support can be found at Bo's Place.

What can you do?

This month, you can help us share this message by actively participating in our social media campaign to promote Children's Grief Awareness:

- **SHARE** our social media posts each day leading up to November 15th, using the hashtags: #ChildrenGrieve, #BosKnowsGrief and #helphealhearts
- **FRAME** your Facebook profile picture to include the Bo's Place Children's

- **WEAR** blue on November 15 and post it to our Facebook wall

Because NO child should ever have to grieve alone.

[1] *Understanding Childhood Grief in the U.S.: Childhood Bereavement Estimation Model* (2018, June). Retrieved from <http://www.judishouse.org/CBEM>.



Upcoming workshop for helping professionals

Ethically Supporting Youth and Schools After a Community Tragedy

Thursday, November 8, 2018

10:30 am - 2:30 pm

More information [HERE](#)

Don't miss your chance to register for the NAGC (National Alliance for Grieving Children) Fall Conference and Webcast "**Ethically Supporting Youth and Schools After a Community Tragedy**" on Thursday, November 8. Spots are limited to view this 3-hour live broadcast, including opportunities for continuing education. The training includes three unique presentations by professionals in the field of children's grief, focused on supporting students and school staff and promoting positive outcomes in response to traumatic events.

REGISTER NOW



Día de los Muertos

One of our favorite fall traditions has arrived! Día de los Muertos 2018 is celebrated on Thursday, November 1 (All Saints Day) and Friday, November 2 (All Souls Day). This is the fourth year that the Bo's Place community has participated in this celebration honoring the deceased by creating Día de los Muertos altars, filled with photos and mementos of loved ones who have died. Our altar at Bo's Place will remain on display until Monday, November 12 if you would like to come see it. Our second altar is on display at MECA (Multicultural Education and Counseling Through the Arts) as a part of their Ofrendas Exhibit, which will be open through Thursday, November 15, which is Children's Grief Awareness Day.



In addition to creating our Día de los Muertos altars, family support group participants viewed a short clip of the movie Coco and then created their own family alebrije (fantastical spirit animal) that represented the various strengths that their loved one had passed along to other members of their family. For the Bo's Place families, instead of being "spirit animals" these alebrijes represent "strength animals". An alebrijes might be a combination of various different animals - lion for courage, elephant for remembrance, dog for loyal or faithful, etc.



Join us in finding a way to honor or celebrate your loved one!



Volunteer Spotlight: Adrienne Isaac

Adrienne Isaac grew up in north Houston and attended Klein High School. She is the proud mother of three children: Cooper (13), Paige (10), and Hannah (7). Outside of being a mom, her passion is painting portraits. Adrienne picked up a paint brush for the first time as an adult during a challenging time in her life and quickly fell in love. She turned her love for painting into a small company called Expressions by Adrienne.

A current volunteer facilitator introduced Adrienne to Bo's Place knowing that we were updating our tornado and play rooms and hoping that Adrienne's creativity might be helpful for these projects, particularly if we wanted a mural in the playroom. Adrienne was moved by the mission of Bo's Place, as she lost her own mother at the age of 13. Adrienne believes that her family would have healed in a much different way if they would have had access to a resource like Bo's Place to move through the grieving process as a family.



When creating her vision for a playroom mural, Adrienne reflected on how she felt after her mother died. Being in nature offered her a sense of safety and freedom, which is why she chose to bring those elements into the Bo's Place playroom. The walls are covered in blades of grass that symbolize movement and growth, and the insects on the walls symbolize the cycle of life. The playroom was Adrienne's first venture into painting murals and she had a lot of fun creating it. She spent the first day sketching out the mural and then started painting. Adrienne says, "The hardest step was to put the first stroke of paint on the wall because once you did, you were committed!"

During her week-long volunteer experience at Bo's Place, Adrienne found herself grieving the death of her mother again. "It is said that the grieving process never ends, and until my time at Bo's Place that week I never understood that." She realized the impact that her mother's death had on her as a teenager and became more aware of how she processed her own grief, and continues to do so as an adult. Adrienne is thankful for the time she spent at Bo's Place because it created an opportunity to speak with her own children about grief and have meaningful conversations they have never previously had.

Adrienne painted from morning until night and learned more about Bo's Place each day that she spent on site. She witnessed families coming together to a place where they could receive support and have the opportunity to share memories and stories about their loved ones. The day Adrienne completed her mural also happened to be her mother's birthday, which made the experience even more meaningful. She invited her mother's friends to visit the mural and shared a letter she had written during lunch with the Bo's Place staff. Adrienne is grateful for the opportunity to share her artistic talents with the families of Bo's Place and looks forward to continuing her volunteer involvement long into the future. And Bo's Place is grateful for the opportunity to get to know Adrienne who is now a full-



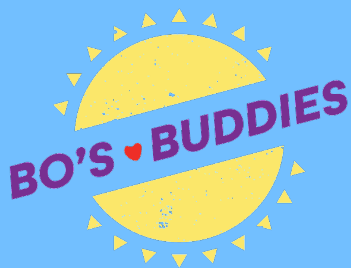
You make the **difference** for Bo's Place.



Each year, Bo's Place raises funds for our grief support programs so they can be offered at no cost to our families and each year our numbers served continue to grow. Donations are critical to ensuring that Bo's Place has the ability to continue to provide grief support services at no cost to the bereaved in our community who reach out for support. We hope you will consider a gift to Bo's Place for our Annual Giving Campaign.

With the support of generous friends like you, we will serve over 5,500 individuals through grief support groups, the Information & Referral Line and community education and training this year. Gifts of all sizes make a difference and are an investment in the futures of bereaved children and families in our community. Donations can be made in memory or in honor of someone you love.

GIVE TODAY



Sunshine spotlight on Bo's Buddies

Bo's Buddies is open to ALL friends of Bo's Place who want to help raise awareness, funds and provide support as volunteers! Join Bo's Buddies to network, meet new friends and participate in fun activities throughout Houston. In addition to happy hours, we have hosted events at RIDE Indoor Cycling, a crawfish boil, and yoga at Wicklow Heights. Get social and help showcase to our community all that you can do to support grieving children and families.

Our fall Happy Hour is set for Tuesday, November 6th from 6 - 9 PM at Bungalow Heights Bar. We hope you will join us, bring friends and WEAR BLUE as we kick off Children's Grief Awareness Month! Like Bo's Buddies on **Facebook** and RSVP on the **event page** to be entered into a drawing the night of the event (must be present to win).



RUN TEAM BO'S PLACE



It's not too late to sign up for the We Are Houston 5K, Aramco Houston Half Marathon or Chevron Houston Marathon with Team Bo's Place. Runners who join our team and fundraise will be invited to a pancake breakfast following the 5K, and receive other benefits like a custom back bib, tech cap, pass for pre-race private indoor restrooms and a team running shirt! You can register for a race [here](#) and help us reach our goal of \$85,000!

Already signed up for a race? Create your fundraising page [here](#) and dedicate your run In Memory Of or In Honor Of a loved one. To learn more, **EMAIL US.**



Happenings

During our **Advanced Volunteer Facilitator Training** on October 10, participants practiced "Box Breathing" in the Chill Room.



Thank you to Sue Smith and Craig Brown for hosting our "**Because of You**" appreciation event on October 10. This intimate gathering created an opportunity to showcase some exciting updates about research and programs the guests helped support!



Program Director Marian Mankin presented "**Suddenly Solo: Grieving the Loss of a Significant Other**" on October 17 at the Hope and Healing Center & Institute.



Clinicians Cristina Flores and Flor Guebara presented "Understanding and Supporting the Latino Bereaved Community" at the **Houston Group Psychotherapy Society One-day Fall Conference** on October 19, where the topic was "Diversity within Diversity: The Intersection of Identities Within Groups."

On October 23, Leah Adams and Rina Ocampo attended the **Board Fair, hosted by The Center for Philanthropy and Nonprofit Leadership**, sharing ways to volunteer and support Bo's Place.





Over 20 volunteers from **Avison Young** spent the morning of October 25 volunteering at Bo's Place for the company's global **5th Annual Day of Service**. They painted, planted and prepped throughout the inside and outside of the building and we can't thank them enough for their continued volunteer 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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