

Healing Hearts



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Team Bo's Place finishes strong at Houston Marathon

Team Bo's Place runners enjoyed crisp and cool weather on race weekend. There were over 50 members of the team who participated in the 5K, half marathon, marathon or as a fundraiser for Bo's Place.

We were thrilled to be presented with \$25,000 from Chevron for collecting the highest number of donations during the 2019 Charity Challenge. This was a new accomplishment for Bo's Place and we could not have done it without our generous supporters!

But we haven't hung our laces up just yet. Help us reach our dream goal of \$100,000! This has been a milestone we've been working toward for 14 years. We have currently raised \$99,000. You can help make this goal a reality by making a donation [here](#) to help us reach the finish line by February 15, 2019. Not only do these donations fund free grief support services, but they also help spread awareness about the mission of Bo's Place to families and individuals who may need our support.

We thank all of our runners, sponsors and supporters for making the 2019 marathon season one of the best ones yet!



New Activity: Comic Book Stories

As the New Year started off our Ongoing Groups focused on finding new ways for the children and teens to share their stories by using a comic strip format. The twist was the original illustrator was only allowed to draw the first picture and the very last picture of their comic book strip, the rest of the group filled in the middle

squares. This allowed the conversation in the children's group to focus on how their story has a definite beginning, and sometimes unexpected things happen on the way but they have the ability to determine how their story will continue.



Upcoming Training: *Spiritual Lives of Grieving Children*

We are thrilled to have Julie Kaplow, PhD, ABPP lead a workshop here at Bo's Place next month, as part of our ongoing commitment to community education. Not only does Julie serve as Director of the Trauma and Grief Center at Texas Children's Hospital, but she has published widely on the topics of childhood trauma and bereavement including articles focusing on age-specific manifestations of grief, grief- and trauma-related methodological issues, and developmental models of bereavement-related risk and resilience. The workshop titled *The Spiritual Lives of Grieving Children: How Children Make Meaning After a Death* will be held on Friday, March 1, 2019, with continuing education opportunities available.



Using both clinical material and empirical research, this workshop will provide an overview of the ways in which children utilize spiritual beliefs to cope with the death of a loved one. Julie will examine children's spiritual beliefs in the context of Multidimensional Grief Theory and identify ways in which these beliefs can help them to overcome specific bereavement-related challenges. Attendees will participate in hands-on exercises and view videotaped interviews with bereaved youth to further explore how children's spiritual beliefs can be harnessed to support adaptive grieving. For more information or to register, please click below.

MORE INFORMATION



A KENTUCKY DERBY AFFAIR | BENEFITING BO'S PLACE

The "Run for the Roses" is just over three months away and there's only one place in town that will transport you to Churchill Downs! The 3rd annual Hats, Hearts and Horseshoes - A Kentucky Derby Affair is set for Saturday, May 4, 2019 at a private residence in River Oaks.

Join our Chairman, Hallie Vanderhider and Honorary Chairmen, Megan & Luke Hotze and Hannah & Cal McNair and over 400 revelers for the festivities. This sell-out event is the best place to sip mint juleps, watch the race and show off your finest derby duds.

Grab some friends and reserve your ticket or table to spend a spring day having fun and raising funds for Bo's Place!



Happenings



Sponsors, runners and their families gathered at Bo's Place on Saturday, January 19 to kick off marathon weekend with our **Annual Pancake Breakfast!** 5K participants celebrated their accomplishment while half marathon and marathon runners fueled up for their race the following day. Thank you to the volunteers in the kitchen who served up pancakes, bacon and sausage for hungry guests.



Volunteers from **KoonsFuller** provided dinner for our new families on January 22 after enjoying a tour of our facilities. Bo's Place is grateful to have supportive community partners like KoonsFuller!



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 in Houston and West Houston/Katy.

If you or someone you know would like information about Bo's Place Grief Support Groups for children, families, and adults, visit our website [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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