

Healing Hearts



e-Newsletter | September | 09.02.19

In This Issue

- How to support a grieving child returning to school
- Bo's Place visits Texans Training Camp
- Healing Hearts in a welcoming environment
- Bode Miller to speak at annual Hearts of Hope Luncheon



How to support a grieving child returning to school

The children have returned to school. For some, it is the first time back in the school setting since the death of their loved one. For almost all, there will be new teachers, classmates, classrooms, and school schedules. Change often brings anxiety, especially for those children who have experienced the death of a parent or sibling. They may be wondering how they will handle the questions about their deceased parent or their sibling, or whether or not they even want their teachers and friends to know about the death.



To help bereaved children, ask them what they are happily anticipating or fearfully dreading about the new school year. By talking about their concerns, you may find ways to help them transition back into the school routine. Also, help the children create a plan with their teachers so that they may feel supported at school. Here are some things parents at Bo's Place have discussed with their children's teachers:

- If your child would like to tell the class about the death, ask the teacher to help tell the class, or make suggestions for what your child's teacher could say.
- Make a "Safety Plan" ahead of time designating what your child can do if and when he or she gets upset during the school day. Some examples of Safety Plans are:
 - Going to the library, nurse's office, or to the principal or counselor.
 - Staying in the classroom, but doing something different like writing in a journal.
 - Going to the office to call someone at home or at work.
- Encourage your child to ask for help if he or she has problems keeping up with his or her work.
- Ask your child's teacher, if needed, to cut back on homework for a while.
- Ask if your child can sit by a supportive friend.

To download a print-friendly version of this flyer, please click below:

[Print-friendly Flyer](#)

For more information on how to support a grieving child, view our Educational Handouts in our Resource Library. To contact one of our clinicians, please call us at (713) 942-8339 or email info@bosplace.org.

[Educational Handouts](#)



Bo's Place visits Texans Training Camp!



Football season is here! Some of our Bo's Place families and staff got a very special experience, cheering on our Houston Texans at the Training Camp VIP Experience presented by Xfinity on Saturday, August 3. This exciting opportunity was made possible by the Texans All Community Team and #65 Greg Mancz. Greg hit the sidelines after practice to visit with families and presented us with an awesome pair of customized Bo's Place cleats!

Many thanks to Greg and the Texans for providing opportunities for our families to make fun new memories. We truly appreciate your support. Go Texans!



Healing hearts in a welcoming environment

As Bo's Place prepares for our 30th Anniversary year in 2020, we took the opportunity to make sure our programs and services, and the places in which they are provided, offer the highest level of comfort for our families. With the generous support of The Hamill Foundation and the Kappa Kappa Gamma Foundation, Bo's Place was able to tackle some much needed improvements.

A special thank you to The Hamill Foundation

A gift from The Hamill Foundation enabled Bo's

Place to replace the carpet in common areas throughout the building, as well as refinish or replace stairway flooring and outdoor fencing. The halls of Bo's Place have been home to the footsteps of over 25,000 children and adults as they traveled their grief journeys. The many footsteps treading our hallways, coupled by leaks from Hurricane Harvey and aging AC units, have taken their toll! We are grateful to The Hamill Foundation for helping lay the foundation for another 25,000 feet to walk our halls! The most heavily trafficked areas of the building now boast beautiful new and durable carpet, which has been commented upon by families and guests, alike. And, the front and back stairways are now in tip-top shape for the many daily ups and downs.



New gathering spaces thanks to Kappa Kappa Gamma

A recent gift from the Kappa Kappa Gamma Foundation led to the refresh and addition of some new seating areas at Bo's Place. Starting from the outside, new and more durable benches lend a place for families or adults to sit while they get ready for group. A heavily damaged dining room table in the living room was replaced, offering a spot to gather and meet in one of our main building areas. And new loveseats provide a comforting respite for those who are welcomed into Bo's Place, waiting to meet their clinician for a New Family Orientation or prepare for group.

All of these improvements are integral to creating an environment of safety and comfort for the families who come to Bo's Place for support. We are grateful to these generous foundations who support our mission and work and who want our families to have a space that enables them to immediately feel right at "home", that they belong and that they are safe to share some of the most powerful feelings in their hearts.



Bode Miller to speak at the 2020 Hearts of Hope Luncheon

This year's annual Hearts of Hope luncheon will celebrate the 30th Anniversary of Bo's Place. Co-chairmen **Susan & Charlie Neuhaus** and **Kate & Logan Walters**, along with Honorary Co-Chairmen **Giggy & Matt Thanheiser** and **Paula & Rusty Walter**, ask you to mark your calendar and join us on **Thursday, February 13, 2020** at **The Westin Galleria Hotel**.



One of the treasured traditions at the luncheon is the presentation of the Robin Bush Award. This year, we are thrilled to honor **The Upton Family** with the award. The Robin Bush Award is given to those that have made a marked difference in the lives of children in our community. The Upton Family is a longtime friend of Bo's Place. **Wade and Virginia "Ginger" Upton**, along with their daughters and their respective spouses, **Dr. Lindy Upton McGee and husband, Tom**, and **Katie Upton Daily and husband, John**, have been pillars of the success of Bo's Place for many years. Their support has had a pivotal role in the growth of Bo's Place into the organization it is today!

This year's luncheon will feature special guest speaker, **Bode Miller**. Bode is one of the most successful alpine skiers in American history. A two-time World Cup overall champion, four-time World Champion and six-time Olympic medalist he has risen to become one of the most prolific international athletes. Bode is also a devoted husband and father. Tragedy struck his family in 2018 when his 19-month-old daughter, Emeline, died in a drowning accident. He and his wife have been open about their grief journey, and we are so appreciative of their willingness to share with us how they coped with this unimaginable tragedy with courage, hope, and healing.

Your support will help ensure that Bo's Place can continue to heal hearts in our community. For underwriting opportunities, please click below. For questions, please contact HeartsOfHope@bosplace.org.

Underwriting Opportunities



Happenings



On August 2, Bo's Place hosted bereavement centers from across the state of Texas for the annual **Bluebonnet Council**. The day was filled with sharing ideas and best practices, as well as celebrating successes and new initiatives. We look forward to seeing our colleagues in the field again next year when the Bluebonnet Council will be hosted by The WARM Place in Fort Worth.



Throughout the summer, our Spanish Outreach team was out and about sharing information on our services to different communities in Houston. On August 3, we attended the annual **Northside Back to School Health and Resource Fair**.



On August 12, our staff took a field trip to **Katy Funeral Home** to learn firsthand about the funeral experience from the perspective of our families. It was an incredible day of learning and sharing.



We had a wonderful experience presenting for the **Houston Independent School District** counselors on August 13. Jodie Gonzalez, our Director of Volunteer Services and Community Outreach/Education, co-presented with Mari Dombkowski, author of 'Not the End' grief books for children.

On August 17, **Family Fun Fiesta/Fiesta en Bo's Place** was an event full of laughter, smiles, and family bonding. Families participated in activities such as scrapbooking, bubbling (generously donated by The Texas Bubblers), board games, and eating delicious chicken fajita's (donated in part by Gingo's Mexican Kitchen).



On August, 23, **SpawGlass** presented Bo's Place with a generous check as a beneficiary of the **CJ Strnadel IV Memorial Fishing Tournament**. Our heartfelt thanks to go CJ's family and colleagues who joined us to dedicate sand trays in CJ's memory and to enjoy a special lunch together.



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.

