

Healing Hearts



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Be a Hero for Grieving Children!

At Bo's Place, every day we see the impact that support can have on improving the lives of grieving children. But sadly, we know that some children do not have access to the grief support they need and feel isolated and alone in their grief. That is why Bo's Place has annually joined other organizations across the country in November to help spread the word about the needs of grieving children as part of Children's Grief Awareness Month. Throughout the month, we will be sharing posts from the [National Alliance for Grieving Children](#) (NAGC) encouraging everyone to "Be An Everyday Hero" for grieving children.



No one has the superpowers to "save" someone from their grief. When someone you love dies, the pain of the loss is an unavoidable part of the grief journey. But imagine a world where no child has to grieve alone because they are surrounded by everyday heroes supporting them along the way. What would that world look like? It would take everyone in the life of a child (family, friends, classmates, teachers, coaches, healthcare providers) being bereavement-informed, able to recognize a grieving child's needs and feeling prepared to offer appropriate support.

Who can be a hero for grieving children? **Everyone!** Listen to the children and follow their lead. Let them know you would like to hear about who the person that died was and what that person means to them. Understand that holidays and special events can be difficult when someone you loved has died and can't be there. If you want to learn more about how to support grieving children, you can:

- Download the "Be An Everyday Hero" [poster](#) with tips for supporting grieving children
- Access the educational handouts on the Bo's Place website in [English](#) and [Spanish](#)
- Attend one of Bo's Place's [community education](#) and training opportunities
- Become a superhero for our families by purchasing an item or two from our [Camp Wishlist](#)
- Follow our social media to see tips throughout the month:



But most of all you can be a hero by showing up in the lives of the grieving children in your community and being a kind and caring presence. And if you would like to be part of a super team, we are always looking for more heroes to [volunteer](#)!



Calling All Superheroes: Camp Wish List!

Be a *SUPERHERO* for our camp families by purchasing items from our Camp Wish List! We are headed to Camp for All the weekend of November 22-24 and will take over 130 campers. It takes lots of help to make camp happen, and your donation could *SAVE THE DAY*.

If you place an order from our wish list, Amazon will send it directly to Bo's Place. Please include your name and address in the gift receipt so that we can send you a letter of thanks and acknowledgement of your donation.



Camp Wish List



Volunteer Spotlight: Karla and Mark Ofield

Karla and Mark both grew up in Houston, Mark as a second-generation native Houstonian. The two met at church, after returning to Houston following college graduation. Mark describes himself as the left-brained architect, not the emotional type. But he also admits he is also a hopeless romantic underneath that tough exterior, and proud to be celebrating 30 years of marriage to Karla this month. Mark laughs as he recalls several anniversaries in recent years when he's been away from her during their anniversary weekend, volunteering at Camp Healing Hearts! Most of the time Mark volunteers in the kitchen on Wednesday nights, but once a year he transforms into a cabin counselor and has volunteered with various age groups over the years. Although his experience as a Boy Scout leader served him well with the kids, he admits that the most powerful camp was last year when he supported the men's cabin. "I took away so much from working with the adults; listening to their stories gave such a different perspective for me."



When asked how they started volunteering for Bo's Place, it appears that Mark may have been "voluntold" that he would be joining Karla in this new adventure. As a school counselor during her career, Karla recalls someone from Bo's Place coming to provide training for the school district. After that interaction, she told herself she would volunteer at Bo's Place someday. Once she retired, Karla was talking to a friend who shared about a recent volunteer experience. When Karla responded that she was going to volunteer at Bo's Place, her friend replied "When?" With her friend's encouragement, Karla finally called and learned that the training to become a support group facilitator was scheduled for the following week. And although the original plan was that Mark would be in the kitchen on the same day she facilitated, they ended up being needed on different days of the week!

Mark admits that before he came to Bo's Place he didn't really understand why such a place was needed. Now, after 7 years, he has witnessed the value of grief support for families, and has watched many of the kids blossom during their time in group. Karla agrees that in her role as volunteer facilitator, she is honored to journey alongside her group members and get a glimpse of what they are going through. The resilience she sees in her group members "gives you hope for mankind." Karla shared that although "we deal with a very sad subject, this is a very uplifting place. I walk away each time with a sense of awe."

An important part of the support group experience for the families who come to Bo's Place is the potluck meal before group. Mark and Karla believe there is something very communal about family members bringing food to share with one another. They recognize the power of sitting down together and sharing a meal. For Mark, as he helps prepare the various dishes the families

have brought, he steps away from his daily stressors for a much-needed change of pace from his work day. He recognizes as he gets older this desire for a simpler life, to reduce the distractions of our big city lifestyles, and to reconnect with each other in this very traditional way.

We wish you a very happy anniversary, Karla & Mark!



Hope and History

The annual Hearts of Hope Luncheon is well on its way to being a sold-out event. Do not miss the opportunity to join **Co-Chairmen Susan and Charlie Neuhaus and Kate and Logan Walters** for a special celebration of the 30th Anniversary of Bo's Place. Featured guest speaker **Bode Miller**, a US Olympian and World Cup Champion Skier will share his own message of the hope and healing after a profound loss.



The Upton Family will be honored with this year's Robin Bush Award, given annually to those who make a marked difference in the lives of children. The Uptons have served the Houston community tirelessly, and have been steadfast supporters of Bo's Place and longtime friends of Bo's family.

The event will honor the history of Bo's Place and raise much needed funds to support the future program growth. Reserve your table before November 15 to be included on the invitation!

For more information contact HeartsOfHope@bosplace.org.

Reserve your Table



Lace Up for a Cause

The Aramco Houston Half Marathon is SOLD OUT and the Chevron Houston Marathon is filling up, as well. Secure your spot for either race by joining Team Bo's Place as a part of the Run for a Reason program. Not only will you be raising money for a good cause, but Team Bo's Place runners receive a tech t-shirt for race day, invitation to a pre-race pancake celebration and prizes for top fundraisers!



Prefer a more social outing? Grab some friends and join us for the We Are Houston 5K on Saturday before race day.

For more information or to sign up, contact Rina Ocampo at marathon@bosplace.org.

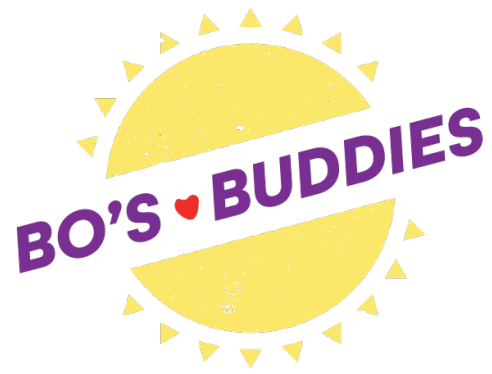


Falling for Bo's Buddies

Join Bo's Buddies, a friends of Bo's Place group, for our fall happy hour and membership drive! Bring a friend and learn how Bo's Place is making a difference in the lives of those who have experienced the death of a loved one and how we can support grieving children and families, while having fun and meeting new friends.

Who: New and old friends of Bo's Place
What: Happy Hour and Membership Drive
When: Wednesday, November 13 from 6-8pm
Where: [Under the Volcano](#), 2349 Bissonnet Street

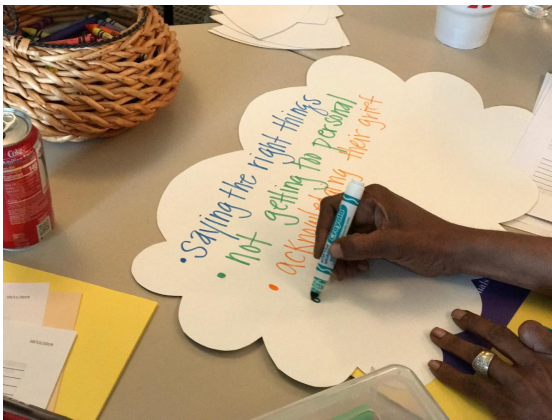
Bo's Buddies is a group of service-oriented individuals committed to promoting awareness, raising funds, and providing volunteer support for Bo's Place. For more information on how to join, contact Hannah Thibodeaux at hannah@bosplace.org.



[View Invitation](#)



Happenings



We had a full house on October 11 for our **Good Grief for School Professionals Workshop**. Educators received customized training on helping grieving children in the classroom, while participating in experiential activities to support grieving students.



On October 17, we attended the **Rice University Wellbeing Resource Fair**. Thanks to everyone who stopped by to learn how we #helphealhearts.



Bo's Place won "Best of Show" at the **Fall Family Festival & Trunk or Treat** event at **Monty Ballard YMCA at Cinco Ranch** on October 19. Bo's Place Katy staff and volunteers enjoyed passing out treats and information about our services to participants.



On October 24, our friends from **Avison Young** helped us prepare for the Bo's Place Ofrenda: a Día de los Muertos Festival by making beautiful marigolds!



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.



CHARITY NAVIGATOR
Your Guide To Intelligent Giving

