

Healing Hearts



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Brokenhearted on Valentine's Day

You've seen the heart shaped balloons, cards, stuffed animals and candies and you know that Valentine's Day is coming. All these reminders of romantic love can be difficult when your beloved has died. It can feel lonely to not have your partner when it feels like the world is full of happy couples making dinner dates and exchanging gifts.

Each family celebrates holidays in their own ways and any holiday can be a painful reminder of what used to be for children, too. A child could miss making homemade Valentine's Day cards with her crafty mom or miss the big boxes of chocolates dad brought home for everyone each year.

This Valentine's Day, if you know someone who is grieving, reach out to them and let them know others are holding love in their heart for them. It can be a simple note such as "I have been thinking about you as Valentine's Day approaches and just wanted to send some love your way." Or if you have memories to share, send them a note with something you loved about their person: "One of the things I loved about your husband was his sense of fun and his big belly laugh. I remember the time we all..."

If you are grieving, you may want to think of ways to focus on the legacy of your love. You could journal or write a letter using prompts such as "What I loved about you..." and "What I think you loved about me..." Try to be gentle with yourself and find a way to celebrate (or ignore!) Valentine's Day that feels right for you.

For more ideas on how to plan for and acknowledge Valentine's Day or any holiday, check out our "Helping Grieving Families Through the Holidays" handout below.



HELPING GRIEVING FAMILIES THROUGH THE HOLIDAYS



And They're Off!

The planning is already underway for the hottest Kentucky Derby Party in town. You won't want to miss Hats, Hearts & Horseshoes, on **Saturday, May 2, 2020**. Join Chairs **Kelli and John Weinzierl** and

don your derby finest for a day filled with anticipation for the best two minutes in sports.

Taking away top prize from your generosity are the over 5,500 children, families and individuals served by Bo's Place. Help make a difference while doubling down on this not to be missed lawn party at a private home in Memorial.



Tickets and tables are selling fast, so reserve your spot now!

RESERVE YOUR SPOT!



Upcoming Training: Helping Navigate Pregnancy Loss

Speaker: Sunita Osborn, PsyD

Audience:

Mental health professionals and medical providers

When:

Friday, February 21, 2020 from 11:30 am – 1:00 pm

Synopsis:

Drawing from both clinical and personal experience, this workshop will outline the psychological impact of pregnancy loss on the individual, family, and societal level. We will discuss common challenges and barriers individuals face in the grieving process and how mental health and medical providers can best support individuals following a pregnancy loss.

Cost:

This workshop was generously underwritten by the One Wing Foundation

Includes 1.5 CEUs

Space is limited - first come, first served



REGISTER NOW

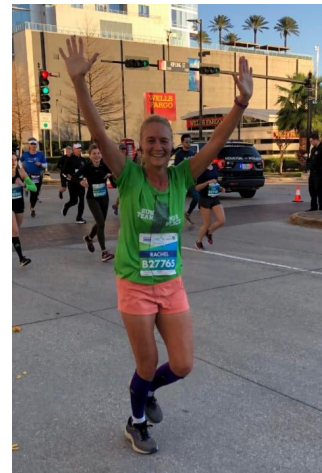


Help Bo's Place Cross the Finish Line

It was another great race weekend for Team Bo's Place runners who participated in the 5K, half marathon and marathon. The 5K participants enjoyed warm weather on Saturday morning followed by a delicious Pancake Breakfast at Bo's Place to celebrate their victory, and mix and mingle with runners who were preparing for the race the following day. Cooler weather greeted the runners on Sunday morning but that didn't stop the supporters at the Bo's Place HOOPLA station from having a great time!

The 2020 marathon season has almost come to a close, but we are still pushing forward to get closer to our fundraising goal of \$86,000. We have raised just under \$51,000 and would be so appreciative of any extra donations to get us closer to the finish line. You can make a donation below until February 14, 2020. 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 are so grateful to our runners, fundraisers, cheerleaders and sponsors for making the 2020 marathon season a success!



DONATE TO TEAM BO'S PLACE



Do Pilates and Give Back to Bo's Place

Bo's Place is one of the five participating charities during January, February and March at The Studio Form. For each class you take, \$5 will be donated back to the community. At the end of every class you'll be asked to choose your favorite charity, and the charity with the most votes at the end of March will receive the top donation. Help Bo's Place receive the most votes and visit Studio Form for a great work out with a charitable twist!



LEARN MORE



Happenings



We had a record turnout for our pre-Marathon **Team Bo's Place Pancake Breakfast** on January 18! Thanks to everyone who came to celebrate the team and congratulations for finishing your Run for a Reason for Bo's Place!



The **Houston Auto Show Charity Preview Gala** wowed us with a \$25,000 gift as one of four charity beneficiaries on January 21. Our heartfelt thanks to the Houston automotive community for their generous support!

Our **"Good Grief for Helping Professionals"** training on January 24 was a wonderful day full of learning and collaboration for the many attendees who support the bereaved.



Jodie Gonzalez, Director of Volunteer Services and Community Education/Outreach presented at **Texas Children's Hospital's "Cutting Edge of Pediatrics 2020"** on January 25.



Bo's Place staff participated in a full day **Mental Health First Aid** on January 29. Our thanks to Gittel Francis and Shari Fish, a long-time volunteer, supporter and friend of Bo's Place, for the wonderful presentation. We are official "first aiders" and ready to put what we learned into practice!



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](https://www.BoPlaces.org) or call 713.942.8339.

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.



