

Healing Hearts



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Bo's Place IS an "essential service"



"So Bo's Place will NOT shut down. Bo's Place IS an essential service... IT SAVES THE LIVES OF PEOPLE WHO ARE SO SAD."

AVA GRACE

AGE 8

Ava Grace asked her mom what it meant to "shut down the city," and mom explained that it meant businesses would close unless they provided "essential services". Ava Grace then asked what "essential services" are and mom explained, "It would be hospitals and police services... things necessary to save lives." Ava Grace's response above captures what Bo's Place has always been – and will always be – here for: to help those who are broken-hearted due to the death of a loved one.

In the aftermath of the COVID-19 health concerns that have led to such uncertainty and upheaval throughout our community, we anticipate that bereaved children and families will need more support than ever before. Grieving children and teens are particularly vulnerable to anxiety and worry during times of uncertainty. When there is a community crisis, the bereaved often feel even more isolated and alone in their grief. It will be even more important to bolster their support system and ensure that these families have access to grief support and resources. Bo's Place grief support group programming provides a healthy outlet to explore difficult emotions that can manifest in negative ways, so that children and their families can share their grief journey and bond with others who share similar emotions after the death of a loved one.

We need your help – now more than ever. A financial gift will help ensure that bereaved children, families, and adults who have experienced the death of a loved one will always have a place to come for support and healing, and that place is Bo's Place.

MAKE A GIFT



"Bo's Place @home" grief support services

Despite COVID-19 restrictions, Bo's Place staff members are still here to provide grief support, resources and referrals, we are just helping from home.

If you are bereaved or need advice on how to support someone who is grieving and would like information about our services or grief resources, please email info@bosplace.org or call 713-942-8339 during business hours:

- Monday-Thursday, 8:30am-5:30pm
- Friday 8:30am-4:30pm

Leave a message we will call you back.



In addition to all the resources available on our [website](#), Bo's Place created the [Bo's Place @home portal](#) with activities, videos and resources for the bereaved that you can access at home. All options are available in English and Spanish and there are sections specifically targeting families and adults.

Please reach out if you need us while we #helphealhearts from home.

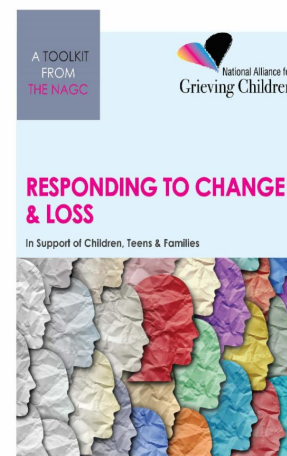
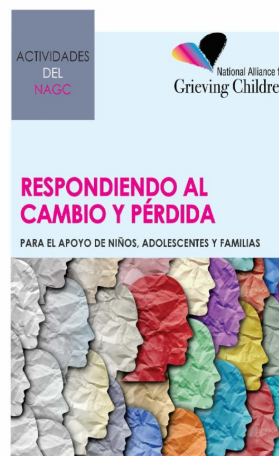
BO'S PLACE @HOME



"Responding to Loss and Change" toolkit from National Alliance for Grieving Children

The National Alliance for Grieving Children has released toolkits in English and Spanish that are free to download and share. The goal of these toolkits is for bereaved children to know they are not alone in this experience, and to acknowledge the challenges this pandemic is creating and the subsequent feelings that may be surfacing.

Special thanks to our own Bo's Place bilingual staff for translating the English publication into Spanish! Please share this "Coping with Change and Loss" free resource.



ENGLISH TOOLKIT

SPANISH TOOLKIT



Coping skills videos

At the end of March, a group of support group facilitators attended our first Volunteer Council meeting. This was a highly productive gathering, in which council members suggested creating short videos highlighting different activities or coping tools that we use at Bo's Place. This month we have kicked off the program with the following posts on social media: Movement Monday, Family Friday, and Self-care Sunday. All the videos are also housed within the Bo's Place @home portal for our group participants and community members to access anytime. Some examples of the activities include: Bumblebee breathing, Writing Permission Slips, and a family activity where everyone is encouraged to "Give what you can, and take what you need." We hope that these tools will help not only the bereaved, but anyone currently navigating change and loss in their lives.



ENGLISH VIDEOS

SPANISH VIDEOS



Mother's Day home activity for children

Mother's Day is around the corner, which prompts people to think about their own mother whether she is living or has died. We want to share a Mother's Day activity that is typically done in our family support groups, highlighting special traits and memories that children have of their mom. The activity gives children a creative outlet to talk about their mom who has died or their mom who is living. This activity has been modified for children to be able to do at home.

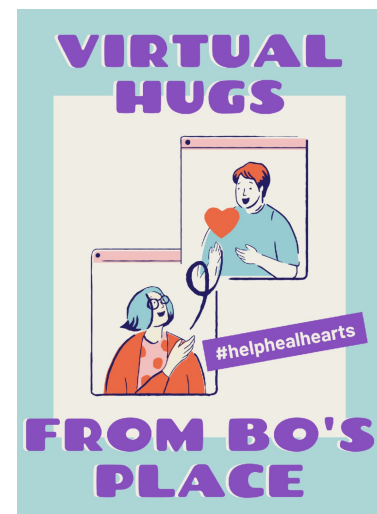


DOWNLOAD ACTIVITY



"Virtual hugs" from Bo's Place

As we are all practicing some form of physical distancing, we may find ourselves in need of a hug or missing our Bo's Place friends. If you are in need of a virtual hug, please complete the form below and one of our staff members will send you a virtual hug! This is a way for us to stay connected virtually!





April Volunteer Appreciation Month

Bo's Place was so disappointed to cancel our Appreciation Fiesta, scheduled for April 4, due to COVID-19 restrictions. This festive event allows us to gather in community with volunteers, supporters, staff, and their guests to enjoy a spirited evening of appreciation and gratitude for the many individuals who have dedicated their time, energy and support to Bo's Place.

Since we couldn't do the event in person and we still wanted to find ways to honor our volunteers during April Volunteer Appreciation Month, our staff members outdid themselves creating virtual "appreciation gifts" for our volunteers this month. Posts on social media included a serenade with acoustic guitar, a toast, memes featuring Raisin the black Lab puppy, and countless drawings and video compilations thanking our amazing volunteers for their dedication. We are taking one last opportunity to formally thank this group of over 500 volunteers who #helphealhearts at Bo's Place.



Help Bo's Place help families

Bo's Place is staffing our Information and Referral Line, checking in with families and adults enrolled in our support groups and providing activities and resources that can be done at home, piloting virtual support groups and providing virtual education and training to those supporting the bereaved. You can help us continue to provide these essential services for our community! Here are three easy ways to help support Bo's Place:

Amazon Smile

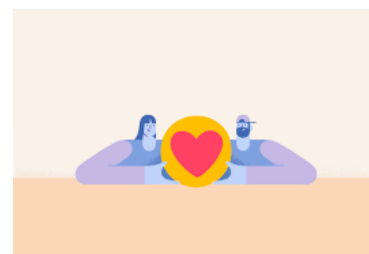
So many of us are ordering online as we stay home to stay safe. Did you know your online shopping can benefit Bo's Place? Just go to <https://smile.amazon.com> and search for Bo's Place. Shopping for good has never been so easy.



Facebook fundraiser

While you're staying social on Facebook, set up a fundraiser for your birthday, in honor of our volunteers, in memory of someone you love or just because. Here's how:

1. Visit <https://www.facebook.com/fundraisers>
2. Select Nonprofit
3. Search @bos_place
4. Set your fundraising goal, end date and why you've chosen to support Bo's Place



#GivingTuesdayNow

During this incredibly challenging time, Giving Tuesday has established an international campaign for Tuesday, May 5. You can help support this effort by making a donation at

<https://bit.ly/BosPlaceGivingTuesdayNow>, and by promoting our #GivingTuesdayNow social media campaign.



If you have any questions about how to roll these out, please contact our Development Director, Andrea Sivells, at andrea@bosplace.org.



Derby day no longer in May

The highly anticipated fourth annual Hats, Hearts & Horseshoes has been rescheduled to September 5, 2020. Tickets for the event are now on sale, and our Chairs, Kelli and John Weinzierl, hope you'll save the new date and join us in your derby finest! Purchase your tickets at <http://bit.ly/HTXDerby2020>.



PURCHASE TICKETS



Bo's Place general updates

Our staff are working remotely and responding to emails and voicemails during regular business hours and are providing and developing virtual support and education opportunities.

All in person support groups, events, trainings, workshops, and programs are on hold until further notice. Bo's Place will continue to follow the direction of our federal, state and local authorities as to when group gatherings are no longer restricted due to health concerns.

Please follow our Facebook and Instagram social media pages to be current on any updates. Be well, friends.

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

