

Healing Hearts



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Vision of Hope: 2020

"From the very beginning I knew that by going to Bo's Place I was not alone. The support that is given to us means so much to me."

-Bo's Place grief support group participant

Our vision for 2020 is simple: that no one should ever have to grieve alone.

While we are all apart, we especially need your help to provide essential services to the bereaved. By making a \$20 gift to Bo's Place today, you will help restore hope for the future to hundreds of children, families and adults.

Please support our vision by donating \$20 for 2020.

Thank you for helping us reach our \$20,000 goal by June 30, and for supporting our Vision of Hope.



[GIVE NOW](#)



Father's Day at home

As Father's Day approaches, at Bo's Place we are mindful of those who are grieving the death of their fathers, and fathers who are grieving the death of a child. Father's Day can be a difficult reminder of loss when you are grieving.

Each year, we offer a project to give bereaved children an opportunity to reflect on Father's Day and what the holiday means to them. Use the discussion questions below to start a conversation with children in your family who will be experiencing this Father's Day at a time when they are also experiencing the emotions and feelings that bubble forth due to the death of someone in their family. If you would like to add a craft component to the activity, gather paper, markers, stickers and anything you might have handy that you can use to make a card.



Discussion Points:

1. When a holiday or special day like Father's Day approaches people often reflect back on times they have celebrated that special day in the past. When you are grieving, just thinking about holidays may cause sadness knowing that the family member who died won't be there. Father's Day is coming up, which often makes people think about their fathers, those who are living and those who have died. Ask your children to share things they have done in the past for Father's Day.
2. If your children's father has died, is there something that would be meaningful for them to do on Father's Day in his honor? Would they like to write a card to him? Often there are Father's Day craft projects and activities at school, places of worship, Scout meetings, athletic events. How has it felt for your children to participate in these types of activities in the community?
3. If someone else in your children's family has died, how has that death caused their relationship with their father to change? What do your children appreciate about their father this Father's Day? Would they like to make a card for their father sharing their appreciations?
4. Is there someone else in your children's life that has been important to them that they might want to acknowledge or make a card for on Father's Day?

Download a print-friendly handout of this activity:

[Download activity](#)

For more ideas on how to acknowledge Father's Day, please download these handouts on our website:

[Helping Grieving Families through Holidays - English](#)

[Helping Grieving Families through Holidays - Spanish](#)

[Legacy and Honoring the Deceased - English](#)

[Legacy and Honoring the Deceased - Spanish](#)

For more grief activities and resources, please visit our Bo's Place @home portal.

[Bo's Place @home](#)



Upcoming online trainings

Historically, Bo's Place has offered community education and training the way we do it best: in person. But in recent months as our training room has remained empty, we have worked to transition our trainings to an online format to continue offering education to those supporting the bereaved. In the month of June, we are planning to offer modified versions of our signature Good Grief trainings via live webinar and video recording at no cost.

Good Grief for Helping Professionals – Friday, June 12, 2020

Good Grief for School Professionals – Thursday, June 25, 2020

Learn more and register on our website.

[Learn More & Register](#)



Online grief support expands

In April, Bo's Place began offering a daytime and an evening online monthly grief support groups for adults who were enrolled in our 9-week or ongoing monthly adult support groups. These virtual groups will continue to meet on a monthly basis throughout the summer. In May, we expanded our online grief support group opportunities to provide virtual groups for participants in our ongoing family groups. These groups will meet twice a month throughout the summer. Four schools had 7-week school groups disrupted due to COVID-19 restrictions. One was able to arrange for their students to complete the series in a virtual format. The other three schools are working with students to determine whether they can arrange to complete the series in a virtual format this summer.



One participant shared, *"I felt so much joy to be able to see everyone again! I also feel so motivated now to be able to continue to walk my grief journey and above all else, from the very beginning I knew that by going to Bo's Place I was not alone."* At Bo's Place, we know the great power that a support group brings, and are working to provide online support group opportunities for new participants soon. Please stay tuned.

In the meantime, remember that free grief support is only a phone call or email away. Our Information & Referral Line is staffed by licensed mental health professionals who are ready to support you.

Contact us at info@bosplace.org or call 713-942-8339. [Bo's Place @home](#) provides free support activities, resources and videos for children, families and adults. Training and education for professionals who support the bereaved is being provided through virtual workshops and recorded videos. Please contact us for more information.



Volunteer Spotlight: Jackie Ortiz

Jackie moved to Houston 15 years ago from Victoria, to try something different. And she has definitely taken advantage of all the city has to offer: arts, theatre, and of course - the Astros! Jackie's sister lives in London, but the distance doesn't impact their strong bond. Seeing her sister volunteering over the years gave Jackie the encouragement to do the same. When she came to Houston, she began looking for places to volunteer her time. She tried a couple of different organizations, but they just didn't seem like the right fit. Ironically, she lives only about a mile away, and drove by Bo's Place on her way to work every day. Finally she called and learned that our bereavement camp was just around the corner.



One of the most memorable experiences from her years of volunteering at Bo's Place was the very first time at Camp Healing Hearts. Jackie was paired with Rylie Stevenson as her co-counselor, helping support the youngest campers for the weekend. She laughed when she explained that the experience at camp "sealed the deal on my relationship to Bo's Place." Amidst her various volunteer roles, Jackie is consistently inspired by the families who are facing such a difficult time, yet always smile at the volunteers, and take time to express their gratitude.

Jackie shared that volunteering at Bo's Place has made her more aware of the challenges that others are experiencing and the true resiliency of grieving families. "I love that there are so many volunteers who are former participants at Bo's Place and finding ways to give back to the organization." She is a huge advocate and always tries to spread the word about Bo's Place, whether it's encouraging others to volunteer, or explaining about our programs. And she has volunteered across a broad range of them, as a camp counselor, kitchen volunteer, support group greeter, and for special programs such as the Women's Retreat.

During this time without in-person groups, we offered volunteers the opportunity to write notes to our families and she revealed another talent: artistic handmade cards! Self-described as "the grandma," Jackie still sends snail mail and care packages to her friends and family – and even sent everyone Quarantine Cards, when she couldn't visit in person. Just as she shows the families she supports at Bo's Place, Jackie wants the people in her life to know she is thinking of them and find ways to make them feel special.

Jackie, we are so grateful for all the ways you support Bo's Place, and can't wait to see your smiling

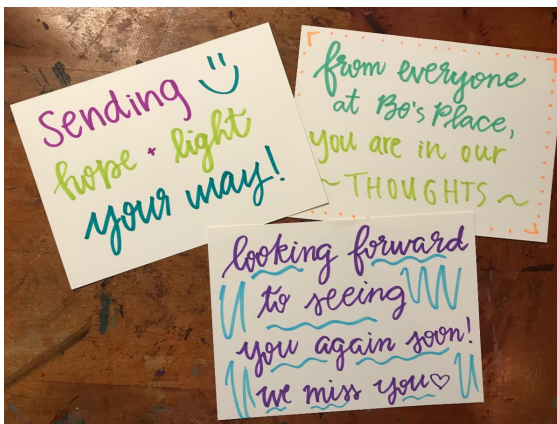
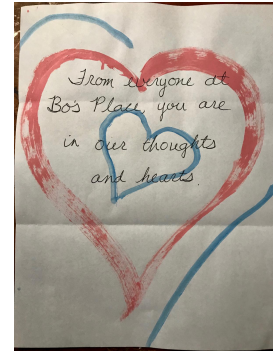
face again very soon!



Connecting to our families through handwritten letters

When we were looking for ways to show our group members how much we miss them, we toyed with the idea of writing personal notes to each family and adult group member. This seemed like a wonderful way to combat all of the electronic and virtual communication we've had recently, but it also seemed impossible for our staff to write almost 350 letters to send out. At the same time, we wanted to find meaningful ways for our volunteers to stay connected with the families and realized that this might be an opportunity to reconnect with a little help from the U.S. Postal Service.

And boy, did our volunteers deliver! In less than two weeks, we received over 700 handwritten cards and letters, many with hand-painted images, artwork, or colorful stickers to brighten these long days. We are immensely grateful for the time and care our volunteers took to show our group members how much we are thinking of them during this time away from in-person groups.



Team Bo's Place goes virtual for Global Running Day!

Daydreaming of running as a team? Practice some self-care and lace up for a virtual run to celebrate Global Running Day with Team Bo's Place on **June 3, 2020**.

Run or walk any distance and share a picture on social media of yourself or something you find on your run. Use the hashtags **#TeamBosPlace** **#GlobalRunningDay** and **#RFAR** and tag Team Bo's Place on the post.

Each person who posts a picture will be entered in a drawing to receive a \$50 Amazon gift card. Runners who officially sign up for Team Bo's Place as a HERO or Fundraise for Registration runner can choose from a Buddy, Chip or Raisin plush puppy to celebrate joining the team. Find more details

on how to join the team [here](#).

Please contact marathon@bosplace.org with any questions. We can't wait to run with you!



Bo's Place General Updates

While all in person support groups, events, trainings, workshops, and programs continue to be on hold until further notice, a dedicated team at Bo's Place is hard at work developing a transition plan for returning to our beautiful building after several months of working remotely from home and providing virtual programming. Staff COVID-19 Workplace Coordinators, along with members of an ad hoc COVID-19 Transition Committee comprised of select board and advisory board members, are developing a phased reentry plan for staff, volunteers, and participants. We look forward to sharing our reentry plans with you upon completion.

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.

