

# Healing Hearts



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## Building a Child's Sense of Safety in Uncertain Times

Grieving children often have more fears after the death of a loved one. Experiencing a significant death can make a child more aware of the reality that bad things can happen, and that realization often leads to questions about what other bad things could happen. All the stresses and changes caused by the pandemic, coupled with news of tragedies and deaths, can increase that sense of danger and possibility of loss. It is common for a child to wonder about what else might change if someone else they love dies. When a child asks questions like "What happens if you die, too?" it is important to address their fears and let them know they will be taken care of. Provide answers that address the child's concerns, such as "I hope to live a very long time, but if I were to die, you have so many people who love you who could take care of you. Let's think about all the people in our lives who care about us and could help us if we needed help." Knowing there is a safety net can build comfort.



Structure and routine also help children feel safer in times of uncertainty. When the unexpected keeps affecting your life, it is good to know what you can depend on. Creating a home routine with set mealtimes and bedtimes can help create a more predictable rhythm to life and build a sense of safety. Taking care of yourself and modeling and teaching self-care can help your child learn ways to manage anxiety and difficult emotions and situations. Exercise, sleep, and good nutrition all have a tremendously positive impact on mental and physical health. Things as quick and easy as taking a series of deep breaths can be calming and centering. If you are in need of some self-care techniques, we have a series of videos posted on [Bo's Place @ home](#) with self-care activities, movement activities to help relax the body, and family activities to help start conversations and interactions.

Here are some additional articles with ideas for helping support children and for taking care of yourself during this time:

- [Supporting Grieving Students During a Pandemic](#)
- [The Pandemic Toolkit Parents Need: 8 expert tips to help families stay regulated](#)
- The Wellness Society's Corona Virus Anxiety Workbook in [English](#) and [Spanish](#)



Place Your Bets: Hats, Hearts & Horseshoes Online Auction

We are “betting” on you to be part of our online auction for Hats, Hearts & Horseshoes to help us raise funds to support Bo’s Place! Packages include: Spa treatments, a Galveston getaway, an instant wine cellar, designer accessories, a variety of classes, and much more! Someone outbids you, but you still want to support Bo’s Place and bereaved children and families in our community? Look for the donation button on the auction site and make a contribution to support the mission of Bo’s Place!



Race on over to participate and help us get to our goal!

[VIEW AUCTION](#)



## Volunteer Spotlight: Team Bo's Place runner, Ashley Diemer

It’s that time of year again! With cooler temperatures on the horizon, runners are lacing up their running shoes and starting to train for the upcoming race season. Team Bo’s Place runner Ashley Diemer is gearing up for her seventh year on the team and agreed to share training tips, along with her motivation for running for a reason.

### **How many marathons or half marathons have you run?**

I’ve run eight half marathons. Six of them were the Aramco Houston Half Marathon.

### **What is your connection to Bo's Place?**

When I signed up for my first Houston half marathon, I knew I wanted to Run for a Reason. I was running the race with my boyfriend that year. My boyfriend had lost his mom to cancer earlier that year, and Bo’s Place had been recommended by someone at our church. After looking into Bo’s Place, it was the perfect charity for us to support.



### **What is your favorite part about running for a reason?**

My favorite part about running for a reason is supporting a great cause. It is so great to see everyone during the race who is running for a reason. Even people from other charities will cheer you on along the course and support you because you are both supporting a cause. It is a great feeling to be a part of something so important.

### **What is your favorite thing about the Chevron Houston Marathon/Aramco Houston Half Marathon?**

My favorite thing about the race is the spectators. I’ve run many races where you can go over a mile without seeing spectators. That is not the case with the Houston Marathon. Spectators line pretty much the whole course. This helps me stay motivated and encourages me to keep running even when I get tired.

### **What do you like to listen to while running, or do you prefer to enjoy the silence?**

I prefer to enjoy the silence while I run. I normally run in the morning and enjoy when there are very few cars out and it is just the sounds of birds, my breathing, and footsteps.

### **Do you have any training tips for runners on the team?**

I would say to stay motivated as the race gets closer. It can be difficult to train around Christmas and New Year’s if you have plans or family in town, but spending time finishing your training plan as the race gets closer will pay off on race day.

### **What would you say to someone that is considering joining Team Bo’s Place, but on the fence?**

Even if you don’t have a direct connection to Bo’s Place, it is an incredible cause that you will feel great about supporting. It provides additional motivation as you run the course to think about the cause you are supporting. The team is also great and will encourage you as you see others in Bo’s Place shirts throughout the race.

### **Are you running In Memory Of or In Honor Of someone this year?**

This year I am running the race with my boyfriend for the seventh time. We are running in honor of his father, who passed away in May. His dad came out to support us every year along the course, even when it was raining or freezing cold. A couple of years ago, he even ran the half marathon because of us.

We are so grateful that Ashley is a part of Team Bo’s Place! If you are interesting in joining her on

the course this year, email [marathon@bosplace.org](mailto:marathon@bosplace.org) for more information.

## MORE INFORMATION



### Upcoming Training Opportunities

#### **The Branches of Our Tree: Unique Relationships and the Meaning of Each Loss**

In collaboration with the Institute for Spirituality and Health, Bo's Place is offering *"The Branches of Our Tree: Unique Relationships and Meaning of Each Loss"* as an online webinar on Tuesday, September 15. This interactive Zoom event is open to helping professionals, including clinicians and faith leaders, as well as bereaved community members.



In this 2-hour virtual workshop, we will explore the rich variety of our many relationships, the distinct place they hold in our hearts and minds, and how we grieve their loss, with the intention to honor and appreciate the beauty of our own and each other's family tree. The session will begin with two framings, through the lenses of grief support and spiritual formation. We will then hear personal stories of loss from a seasoned chaplain and a volunteer at Bo's Place. Participants will have the opportunity to create personal genograms through which they will consider their own family trees, noting patterns and implications of their unique family systems. We will close the evening with a guided contemplative practice to reflect upon the themes of the workshop and intentions for the future.

REGISTER NOW

#### **Good Grief for School Professionals**

With the return to school upon us, everyone is wondering how we can best support students in our current environment. This online training is designed for school professionals wanting to build their skills to more effectively support bereaved students amidst the COVID-19 pandemic. This training includes an overview of current grief theory, various indicators of grief, and children's understanding of death at different developmental stages. In this 3-hour webinar, school professionals will gain a greater understanding of children's grief through the lens of the pandemic, as well as worksheets and online resources to work with bereaved students both in-person and virtually. Upon completion of this training, attendees will have a toolbox of resources and activities, including mindfulness-based exercises and a school support plan. Continuing education will be offered for this webinar; please see our registration page for additional details.



REGISTER NOW



### Hearts Full of Hope

Co-Chairmen **Dorothy and Ronny Cuenod, Cindy and Harry Holmes**, and **Lynn and Michael Smith** invite you to be part of the annual Hearts of Hope Luncheon set for January 21, 2021 at the Westin Galleria.

This year, we are delighted to honor **The Hamill Foundation** with the Robin Bush Award, which is given to those that have made a marked difference in the lives of children in our community. For more than 15 years, The Hamill Foundation has supported the grief programming provided by Bo's Place, making a lasting impact on the bereaved children and families Bo's Place has served over the years.

Our Special Guest Speaker will be **Rick Smith**, who became the youngest general manager in the NFL in 2006 and established a career as a respected voice and innovator among NFL leadership. Rick and his late wife, Tiffany Avery Smith, have three children, Robert Lamar, Christian Lamar, and Avery Jordan. Tiffany was an accomplished television producer and an advocate for many children's charities in Houston. Tiffany was diagnosed with breast cancer in 2017 and after nearly a year and half long battle, died in January 2019. Rick will share his grief journey with attendees, from supporting his children and wife through her treatment, to finding resiliency and purpose after her death. Rick and his three children live each day to honor the memory of their beloved wife and mother.



Join us for this special luncheon by purchasing a ticket or putting together a table today. An in-person event will adhere to all current health and safety guidelines. In the event COVID-19 conditions in Houston require, Bo's Place will transition to a hybrid/virtual format for the Hearts of Hope Luncheon. For questions, please contact Andrea Sivells, Development Director, at [HeartsofHope@bosplace.org](mailto:HeartsofHope@bosplace.org).

PURCHASE TICKETS & TABLES



## Mayor's Town Hall: Mental Health in Minority Communities During the Pandemic

Mayor Sylvester Turner and the Houston Health Equity Response Taskforce hosted a **Town Hall: Mental Health in Minority Communities During the Pandemic** on August 21. The panelists - including Bo's Place Spanish Programs and Outreach Director, Cristina M Chipriano, LCSW-S - spoke to the unraveling of social networks, grief in the pandemic, and mental health interventions for youth and adult. View a recording of the town hall below.



VIEW RECORDING



## Bo's Place General Updates

As Harris County remains at Threat Level One, Bo's Place continues to do our part to stop the spread of COVID-19 by working remotely and providing telephonic support and online programs at no cost to the bereaved:

### Online Grief Support Groups

- Family support groups
- Adult support groups
- Pregnancy Loss support group
- Little Friends support group

### Information & Referral Line

The I&R Line is staffed by clinicians Monday-Thursday 8:30 a.m. - 5:30 p.m. and Friday 8:30 a.m. - 4:30 p.m. For anyone seeking grief support resources, please email [info@bosplace.org](mailto:info@bosplace.org) or call 713-942-8449 and a clinician will respond to you during business hours.

### Upcoming Online Special Programs and Workshops

- *Helping the Bereaved Through the Holidays*, Friday, October 16
- *Ofrenda: a Virtual Día de los Muertos Event*, Sunday, November 1
- *Speaking Grief* documentary and panel discussion, Thursday, November 19

The Bo's Place Board of Directors and COVID-19 Task Force continue to monitor conditions in our community and look forward to bringing our staff, volunteers, and families back to our building when it is safe for everyone to return. Until then, let's all work together to help stop the spread of COVID-19, friends. #MaskUp and be safe!

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

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