

# Healing Hearts



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## Gratitude in the Midst of Grief

Research shows that gratitude has a positive effect on mental and physical health. But how does gratitude coexist with grief? One may yearn for their person who died but feel grateful for the time they had together. Another may be hurt by friends who were not supportive but grateful for friends who showed up. Finding things to be grateful for each day, even the difficult days, builds a sense of hope and possibility that strengthens resilience. Some days it might be small things, like a good cup of coffee or a comfortable pair of shoes. But being able to intentionally acknowledge things to be grateful for, no matter how small, is a reminder that there are still good things in life, even in the darkest moments. In this spirit of thanksgiving, in November Bo's Place will be adding activities to help a practice of gratitude to our online portal, [Bo's Place @home](#).



Take a moment today to think of one thing you are thankful for. See if you can make this part of your daily routine. Building an attitude of gratitude is good for you!

For more information and tips, please read our handouts on Gratitude in [English](#) and [Spanish](#) and check out the National Institutes of Health article on "[Practicing Gratitude](#)."



## Coco Family Activity

November 1 marks the beginning of the multi-day holiday Día de los Muertos or Day of the Dead. At Bo's Place, families participate in Día de los Muertos activities to remember and honor their loved ones. We encourage you and your family to honor the lives of your loved ones who have died with their favorite food, drinks, and activities. The Disney movie *Coco* also provides a beautiful glimpse into this special holiday. We have created a *Coco* family discussion guide in English and Spanish for those who wish to discuss this deeply meaningful movie.

Join us today through [Facebook](#) Live for our Family Altar Activity at 2 p.m. in English and 3 p.m. in Spanish. If you miss it live on November 1, you can view it anytime after that on Bo's Place Facebook page.



Coco Discussion Guide

Coco Guía de discusión



## Volunteer Spotlight: Sophie McCollum

Sophie McCollum has made huge strides in her career in the ten years since her graduate-student internship at Bo's Place, but one thing remains steadfast: her love for helping children. Not only does Sophie volunteer as a support group facilitator and work in private practice as a therapist, but she's also a swim coach and runs a swim team in the summer. She attributes her growth as a therapist to the solid foundation she received in her internship and continues to learn from the children and families she supports at Bo's Place. Since Sophie often sees more teenagers in her work life, she enjoys coming to Bo's Place where she facilitates groups with younger children. Although she has volunteered at several different organizations over the years, Sophie says none has been as fulfilling as Bo's Place. "Witnessing both the grief and the joy in these families has changed me in a good way. Being at Bo's Place feels like a family, and I always want to be a part of that."



While Sophie loves an adventure, she admits to being a bit worried when Bo's Place transitioned its support groups to an online format. In August, Sophie was selected to facilitate a group of children via Zoom. However, after two months, she says, "It's a million times better than I anticipated; it's like an in-person group, but more focused." Although the online setting requires Sophie to plan more carefully in advance and troubleshoot occasional technical difficulties, it has given grieving children the opportunity to connect from the security of their own homes. Since there are fewer distractions, group members are able to share in deeply meaningful ways, and the groups are often more intense than they are in person.

When she's not with us, Sophie can be found traveling the globe, or hanging out with her dog, Beefy Ann. With her busy schedule, we are so grateful that Sophie chooses to spend her time supporting children at Bo's Place.



## Join Us for a *Speaking Grief* Special Event

On November 19 from 6:30-8:30 p.m., Bo's Place will host a free screening and panel discussion of the documentary *Speaking Grief*. The film explores the transformative experience of losing a family member in our society, which tries to avoid issues of death and grief. Register now to learn more about grief and how to support the bereaved.



Register Now



## Hearts of Hope

Please join co-chairs **Dorothy and Ronny Cuenod**, **Cindy and Harry Holmes**, and **Lynn and Mike Smith** at the Bo's Place Hearts of Hope luncheon, scheduled for **January 21, 2021**, at the Westin Galleria.

This year, we will honor **The Hamill Foundation** with the Robin Bush Award, which is given to those who have improved the lives of children in our community. Our special guest speaker is **Rick Smith**, former general manager of the Texans, who stepped back from his career in 2017 to care for his wife Tiffany and their children until Tiffany's death in January 2019.



At Bo's Place, we believe that no one should grieve alone. With the help of our generous supporters, we provide grief support services at no cost to the bereaved. Please help Bo's Place continue to meet the needs of bereaved families in our community by joining us for Hearts of Hope 2021!

[Purchase Tickets](#)

Bo's Place will transition to a hybrid or virtual format for the Hearts of Hope Luncheon, should COVID-19 conditions in Houston require. An in-person event will accommodate all current health and safety guidelines.



## Racing to the Virtual Finish Line

The 2021 Chevron Houston Marathon has gone VIRTUAL, but Team Bo's Place is still running! You can sign up to join us in a few easy steps:

1. Pick your distance – Choose from the We Are Houston 5K (3.1 miles), Aramco Houston Half Marathon (13.1 miles) or Chevron Houston Marathon (26.2 miles).
2. Register as a virtual participant.
3. Create a fundraising page for Bo's Place.
4. Hit the pavement anywhere and anytime between January 8 – January 17 for your designated distance.



Runners who raise \$250 or more will receive a Team Bo's Place shirt, and all Bo's Place runners will be invited to a celebratory gathering when it is safe to be together in-person again. Join our team today to help heal hearts!

Please contact [marathon@bopslace.org](mailto:marathon@bopslace.org) with any questions, or sign up below.

[Sign Up Now](#)



## Upcoming Training Opportunity: Good Grief for Helping Professionals

On December 4 from 9 a.m. – 12 p.m., Bo's Place will offer its signature Good Grief series online. Led by the clinical staff at Bo's Place, this three-hour webinar is designed for professionals who want to build skills to more effectively support the bereaved during these unprecedented times. The training will focus on ways to support grieving clients through interventions that use grief-specific therapeutic elements, offering tools and



resources to support clients both virtually and in person. The webinar is open to all helpers, including those in the areas of education, funeral services, health and spiritual care. An opportunity for continuing education credit will be available for mental health professionals.



[Register Now](#)



## Junior League of Houston's Community Super Market

Like many, the Junior League of Houston has had to pivot its focus due to the COVID-19 pandemic. Recognizing that many Houston families are struggling to meet the most basic needs of their families for food, clothing, and healthcare, they shifted their focus for 2020-2021 to provide those unmet needs. This led to the creation of the Junior League's first ever Community "Super" Market, where they generously organized the distribution of goods and services to clients of many local charities, including some Bo's Place families. Our hearts are so full of gratitude for this incredible partnership that remains strong, despite being apart.



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



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