

# Healing Hearts



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## A Gift of Remembrance on Giving Tuesday

Be part of Giving Tuesday by making a gift to Bo's Place in memory of a significant person in your life who has died. A colorful ribbon bearing your loved one's name will be added to our "We Remember Them" memorial, which will remain on display at Bo's Place through January 31, 2021. Please join us in this special community act of remembrance to honor loved ones who live in our hearts and memories. Your gift will enable Bo's Place to continue to provide year-round support to bereaved children, families, and adults by giving them a place to go for support when they need it most, a safe place to share their thoughts and feelings with other bereaved families, a place for hope and healing.



[Give Now](#)



## Managing the Holidays

The holiday season can be difficult for the bereaved. This is especially true this year, as the pandemic makes it more challenging to celebrate the holidays as we usually do. If you are bereaved this holiday season, it may be helpful to adjust your expectations and make a plan for what seems doable. Talk with your family and friends about how you can safely celebrate the holidays with them.

- What are the important traditions you want to continue?
- How can you modify your traditional holiday activities?
- Which activities do you want to forgo this year?



Make a shared plan and talk about each person's role so that everyone knows what to expect.

Most of all, try to give yourself and those around you grace. It has been a difficult year for all of us, and especially those who are grieving. Be kind to each other. Try to enjoy the moments of comfort or joy the holidays offer, while still acknowledging the losses and changes.



## Upcoming Workshop: "Ethical Commitment & Challenges of Practicing Cultural Humility"

On **Friday, January 15**, from **10:00 - 11:30 a.m. CST**, **Sandra López, LCSW-S** will present a webinar on ethical standards for promoting cultural competence in clinical practice. She will discuss how to navigate challenging ethical dilemmas, adopt a practice of cultural humility, and work with diverse cultures. A retired professor at the University of Houston Graduate College of Social Work with over 40 years of clinical experience, Sandra continues to educate clinicians on a variety of topics and maintains a clinical and consulting practice in Houston.



[Register Now](#)



## Help Bo's Place Win \$25,000!

Team Bo's Place needs your help to win \$25,000 in the Chevron Charity Challenge! Every contribution counts as we try to win by raising the most money or receiving the most individual donations between December 1 at 10:00 a.m. and December 11 at 11:59 p.m. CST.

Please help us by making small daily donations to the page and/or runner you wish to support, and by recruiting your friends to help by sharing this opportunity on social media or via email. You can help Team Bo's Place cross the finish line!



[Make a Donation Now](#)



## Volunteer Spotlight: Susan Peak

Although she doesn't love big changes, Susan Peak has become successful at navigating transitions throughout her life. Susan laughed while explaining "I've had so many different lives." Learning to transition from each of these chapters in her life is likely what has helped Susan thrive in her new role as a support group facilitator in a virtual setting. Susan traces her journey to Bo's Place all the way back to a death/dying course she took as an undergraduate student at UCLA. The content was so impactful that at only 21 years old, Susan knew she would use the information in a meaningful way in the future. She went on to graduate with a degree in sociology and pursue graduate studies in education. Many "lives" later, when her son headed off to college and her obligations to his school committees ended, Susan was ready to take on a new volunteer project. A quick internet search led Susan to Bo's Place, and "it was like a lightbulb went off. I knew for a fact it was what I wanted to do, even before meeting anyone."



Over the fifteen years she has volunteered at Bo's Place, Susan has facilitated support groups for five- and six-year-olds to adult men, including helping to support the very first pregnancy loss groups at Bo's Place. Her funniest memory is bringing Jib, a guide dog she was raising for the visually impaired, to Bo's Place as part of his training. Jib became so comfortable attending the

support groups that one day he fell asleep and began snoring! The group began laughing, adding some levity to a difficult conversation. By the end of the nine weeks, one of the group members wrote a note to Susan expressing gratitude for the comfort that Jib provided during his time with the group.

Before the pandemic, Susan was facilitating three support groups, which means on some weeks she was at Bo's Place on three separate days. "When COVID hit, it was really hard for a while; I felt like I lost my purpose." When Susan was given the opportunity to facilitate an online adult group, she completed the volunteer training and jumped right in. "At first it was uncomfortable. The group was really large, and it seemed so one-dimensional on Zoom. It felt so different from our groups in the cozy rooms at Bo's Place." But by the third week, Susan noticed a big shift as the volunteers learned how to navigate this new platform to ensure the group members were connecting with each other. Now, Susan is a strong advocate for online groups: "It's just like in-person. Watching this group has been phenomenal. They are so connected -- it just took off on its own."

As Susan embarks on yet another new chapter, renovating her mid-century modern home, she is embracing the transition with gratitude. After hunting for specific pieces of furniture to match her new style, she joked "Who would have thought I could get so much joy out of a \$15 lamp?"

Thank you, Susan, for your many years of dedication to Bo's Place.



## Speaking Grief Documentary Screening & Panel Discussion

In honor of Children's Grief Awareness Day on November 19, Bo's Place hosted a virtual screening of the *Speaking Grief* documentary for 180 participants. Following the screening, Jodie Gonzalez, LCSW moderated a discussion with panelists Cristina Chipriano, LCSW-S, Carmichael Khan, LMSW, Sandra López, LCSW-S, ACSW, and Taryn Schuelke, CT, CCLS, CPMT.



We are grateful to the New York Life Foundation and WPSU for generously sponsoring this successful event. Links to the full-length documentary and panel discussions are below.

[Watch Documentary](#)

[Watch Panel Discussion](#)



## HATS, HEARTS & HORSESHOES

A KENTUCKY DERBY AFFAIR | BENEFITING BO'S PLACE

Join us on May 1, 2021, for Hats, Hearts & Horseshoes, the finest Derby party outside of Churchill Downs! We are thrilled to announce that **Alissa and Kevin Maples, Millette and Haag Sherman,** and **Christie and Mark Sullivan** will serve as co-chairs for this year's party, joined by honorary chairs Paige Fertitta, Megan and Luke Hotze, Hannah and Cal McNair, Hallie Vanderhider, and Kelli and John Weinzierl.

We can't wait to see you at the starting gate!

[Purchase Tickets & Tables](#)

\*Bo's Place will modify the event format should COVID-19 conditions in Houston require. An in-person event will accommodate all current health and safety guidelines.



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



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