

Healing Hearts



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In This Issue

- Taking a Break during Spring Break
- Mourning Together: COVID-19 Milestone
- Upcoming Training: Good Grief for School Professionals
- Hats, Hearts & Horseshoes: A Kentucky Derby Affair



Taking a Break during Spring Break

The first day of spring is March 20. As we enjoy this season of natural renewal after a particularly harsh winter, we encourage you to focus on your own restoration and rejuvenation, especially if you are grieving. Here are some ideas for taking a spring break, whether you have a full week or just a few minutes:



[50 Ways to Take a Break](#)

[Taking Time for Self-Care](#)

If you or anyone you know needs assistance with issues related to the storm, the United Way has posted [Winter Storm Recovery Resources](#).

[Winter Storm Recovery Resources](#)



Mourning Together: COVID-19 Milestone

More than 500,000 Americans have lost their lives to COVID-19. Americans experience this staggering loss of life collectively, but we are mindful of the individual lives and mourners this number represents. Though each person's grief journey is unique, the support of family, friends, and the community helps heal.

If you are unsure how to support the bereaved in your life, here are some **tips** from Bo's Place group members:

- Ask how the bereaved are doing and listen without passing judgment or giving advice.
- Reach out on birthdays, anniversaries, holidays, and other special days.
- Don't wait for grieving families to ask for help. Drive the kids to and from soccer practice, wash the laundry, mow the yard, or cook a meal. Even the little things matter.
- Share your favorite memories. Telling stories about loved ones is a normal and healthy way of remembering them.
- Show up. There will be good, bad, and ugly times. Through it all, your just being there is a big comfort.
- Respect the way someone is grieving. Grief is not a problem you can solve. It is a process you must go through at your own pace and on your own terms. There is no right or wrong way to do it.



Good Grief School Professionals

Join us on Friday, April 23, for an online training designed for school professionals who want to support bereaved students more effectively. This three-hour training will provide an overview of current grief theory and give participants a better understanding of how students are experiencing grief in the context of the pandemic. The training also provides worksheets and online resources to help school professionals support bereaved students in person and virtually.

For more information or to register, please visit below:



[Register Now](#)



Hats, Hearts & Horseshoes: A Kentucky Derby Affair

Put on your derby finest and join Chairmen Alissa and Kevin Maples, Millette and Haag Sherman, and Christie and Mark Sullivan for Hats, Hearts & Horseshoes: A Kentucky Derby Affair, on May 1, 2021, at The Houston Polo Club!

Along with Honorary Chairs Paige Fertitta, Megan and Luke Hotze, Hannah and Cal McNair, Hallie Vanderhider, and Kelli and John Weinzierl, guests will enjoy derby bites, beverages, games and a silent auction to raise funds for grieving families. With your support, the winners will be the families of Bo's Place!

A special thank you to Tootsies, who will help you style your derby attire. Stop by between March 2-9 and a percent of the proceeds will be donated to Bo's Place!



[Purchase Tickets & Tables](#)

For questions, contact Andrea Sivells, Development Director, derby@bosplace.org or 713-942-8339.

*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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