

Healing Hearts



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Back to School Resources

Each year, thousands of students start school with a sense of excitement, anticipation, and apprehension. For grieving students, these feelings are accompanied by the weight of bereavement. Grieving students often tell us that they feel like their friends don't understand, that they are afraid to talk about death because it may make people uncomfortable, that they don't want to ask for help because they don't want to be a burden, and that they fear how people will respond if they show emotions at school.



School personnel can play a vital support role in helping the grieving students feel seen and understood. Here are some resources on supporting grieving students:

[Back to School: Grief in the Classroom \(English\)](#)

[Back to School: Grief in the Classroom \(Spanish\)](#)

[The Coalition for Grieving Students](#)

[Back to School 2021: Grieving Students, Transitions and COVID-19](#)



Volunteer Spotlight: Claudia Iselt

When Claudia Iselt attended a seminar at Bo's Place several years ago, she immediately felt at home. By the time the seminar was over, she had asked for a tour, and she filled out an application to volunteer within the week. Claudia began volunteering as a facilitator at the Katy satellite location. Since then, she has joined the Outreach committee and helped represent Bo's Place at several community events. She continues to volunteer as a facilitator for online support groups.

For Claudia, volunteering at Bo's Place has helped her learn to

balance emotions with encouragement, time management, and technology. She considers herself an ambassador for Bo's Place and always gives the book *The Invisible String* to families with young children who have experienced the death of a loved one. For Claudia, the magic of Bo's Place is clear when a participant's one-word check-in changes from something sad to something happy over the course of time the group is together.

Before coming to Bo's Place, Claudia worked in education for 27 years as a high school math teacher and school administrator. She earned her BS and MS from the University of Houston and an Ed.D. from Sam Houston State University. Claudia is a native of the Bronx, New York, but has lived in Katy since 1976. She is the proud mother of two children and grandmother of one boy, the light of her life. She also has a "fur baby," Sprinkles, and is a big fan of painter Bob Ross!



Thank you, Claudia, for your dedication to Bo's Place.



Upcoming Training: Good Grief for School Professionals

Bo's Place mental health professionals will present the Good Grief for School Professionals webinar on **Friday, September 24, 2021, from 9 a.m. – 12 noon.**

This training includes an overview of current grief theory, indicators of grief, and children's understanding of death at different developmental stages. Attendees will gain a greater understanding of their student's experience of grief through the lens of the pandemic, as well as worksheets and online resources to support their work with bereaved students both in-person and virtually. They will have a toolbox of activities to support their work with the bereaved, including mindfulness-based exercises and a school support plan.



Continuing Education credits are available.

Please plan to attend and share with your networks!

Registration & Information



Team Bo's Place Runner Spotlight: Shari Fish

Training for the upcoming marathon and half-marathon is just around the corner. Read on to learn more about why longtime Team Bo's Place member Shari Fish runs with Team Bo's Place year after year!

How many years have you participated in the Chevron Houston Marathon/Aramco Houston Half Marathon? This will be my 12th year!



What prompted you to join the Run for a Reason program? I was so excited when Bo's Place was accepted as a Run for a Reason Charity. I was already committed to both the Chevron Houston Marathon event and Bo's Place; the opportunity to run for a reason added a whole new dimension to my experience.

Why did you decide to run with Team Bo's Place? I have been a Bo's Place volunteer and supporter for 18 years! I truly love the organization, the beautiful people, and powerful mission. There was no decision to be made.

What is the most meaningful part about running for a reason? No matter what elements we may face on race day, nothing compares to the challenges that our Bo's Place families overcome every day of their grief journeys. This community grounds me and makes me a stronger runner, but most importantly, a stronger person.

What advice or encouragement would you give to someone who is thinking about signing up with Team Bo's Place? JUST DO IT! Bo's Place is incredibly supportive and appreciative every step of the way - they give you great swag too!!

Where is your favorite place in Houston to run when training for the race? I always run in the early morning around my neighborhood. It is peaceful, familiar, and allows me to easily extend or abbreviate my run, as the day, my body, and/or my mood dictates.

Do you prefer to run with music, podcasts, audio books or no distractions? I have been running for 43 years and for the first 41, I never ran without music - I didn't even think it was possible! Then my earbuds broke; I didn't have time to choose new ones or patience to learn the new technology. As a result, I have been running with my thoughts and the birds and have come to really enjoy both. I have even created a great way to remember all of my daily to-dos and ideas that pop in mind along the way.

Do you run *In Memory Of* or *In Honor Of* anyone? I do. My sister and mother live with Multiple Sclerosis. I have never taken my mobility for granted. Their strength and endurance exceed anything I could ever accomplish, even on a most difficult run. I often say, "I run because I can," and that is truly how I feel. I run in honor of all those who are suffering and cannot.

We are so grateful to have Shari join Team Bo's Place again for the 2022 marathon season. The Run for a Reason program is a unique way to support the mission of Bo's Place. Whether you run for the families we serve or someone significant in your life, running for a reason will add meaning to your miles as you train for race day.

For questions, please contact marathon@bosplace.org.

Registration & Information



Save the Date: Hearts of Hope Luncheon



Thursday, February 10, 2022
11:30am - 1:15 pm
The Westin Galleria Houston

Event Co-Chairs:
Daisy and John White
Niccole White Greeley, MD and Christopher Greeley, MD
Jacqueline White Arribas and Alfredo Arribas, DDS

Save the date and join us for our annual luncheon!
Underwriting opportunities coming soon!

Email us for more information



Bo's Place Grief Support Services

At Bo's Place, we believe that grieving families heal when they can share their experiences with each other. We offer free Grief Support Groups in English and Spanish to families and individuals.

If you or someone you know would like information about Bo's Place Grief Support Groups for

children, families, and adults, visit our website [here](#) or call 713.942.8339.

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

