

Healing Hearts



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Back Together at Bo's Place

On October 11, Bo's Place held its first in-person family grief support group since March 2020. We were thrilled to welcome our families and volunteers back to the building! Health and safety are our top priorities, and we have modified rooms, public spaces, and group activities to comply with spacing and safety guidelines. We can welcome about half of the participants that we used to serve on a typical group night. Our families and volunteers loved being back together at Bo's Place!

We ask for patience and understanding as we safely return to our in-person groups. Families on the waiting list will be contacted about group options as space becomes available. We continue to offer online groups for families and adults.



NACG Fall Conference and Webcast - November 5, 2021

November is Children's Grief Awareness Month. Don't miss your chance to register for the NACG (National Alliance for Children's Grief) Fall Conference and Webcast, "Building Resilient Schools and Communities: Lessons Learned," on Friday, November 5th, 12:00 pm – 4:00 pm. This popular event includes two presentations by thought leaders in the field of children's grief, focused on supporting students and schools, increasing resilience in the face of tragedy, and promoting positive outcomes in response to traumatic events. Opportunities for continuing education will be available.



Please register and share with your networks!

[Registration](#)



Bo's Place clinician Donna Olson-Salas on Practicing Gratitude

There was a sign in the kitchen of my childhood home that said, "There is always something you can be grateful for if you just wake up." I often think about the message of that sign on days of annoyance or despair and in moments of sadness and grief. Gratitude can be difficult to find under layers of anger and frustration, but it gets easier with practice. Practicing gratitude also builds resilience. Grateful in rush-hour traffic as I am late for an appointment? I have a car that works. Grateful in a room of sneezing, coughing patients waiting to see my doctor? I have health insurance. Grateful that we couldn't have a funeral when my mother died last year during the pandemic? I had a close and loving relationship with her. Gratitude isn't always my first thought, but the more I practice, the easier it is to find things to be grateful for. Recently I felt grateful for the extra piece of tomato left over from yesterday's salad. I can use it on today's sandwich!



Volunteer Spotlight: Ellen Howard

Ellen Howard was introduced to Bo's Place more than 15 years ago when her synagogue helped with some projects at the original Bo's Place location in the Museum District. She always said that she would come back and volunteer when she retired, and she did just that in early 2017. Ellen says that her most memorable experiences at Bo's Place are based on the collaboration and friendship with her fellow volunteers, who come back year after year to help the bereaved.

Having worked many years in the field of mental health as a marriage and family therapist, Ellen is a natural fit as a support group facilitator. She referred many clients to Bo's Place while she was still practicing.

Ellen is a native Texan, but she has collected experiences from all over the world. She lived with a family in Colombia, taught in Japan, volunteered with the Institute for International Education, resettled Vietnamese and Russian families, shared professional memberships and office spaces with people from multiple countries, and most importantly, married a New Yorker!



Thank you, Ellen, for your dedication to Bo's Place!



School Resource: Healing Hearts Bookbags

Last year, Bo's Place delivered free Healing Hearts bookbags to 110 schools in the Houston area. These bookbags contain resources to help counselors, teachers, and other school professionals support students who have experienced the death of a loved one. The bookbags can be used at school or checked out by students to share with their families at home. We have bookbags tailored to the specific needs of elementary, middle, and high school students; each bag contains age-appropriate books and a discussion guide in English and Spanish.



If you would like to sign up to receive a free Healing Hearts bookbag, please sign up below. Bookbags are given out on a first-come, first-served basis. If we are unable to fulfill your request at this time, we will put you on our waitlist. Bags must be picked up on one of the dates designated on the form. We cannot hold bags past those dates.

For additional grief resources for schools, please contact Arlette Rodriguez at arlette@bosplace.org or 713-942-8339.

Request a Bookbag



Hearts of Hope: Together Again

We are looking forward to celebrating together again at the annual Hearts of Hope Luncheon on Thursday, February 10, 2022, at the Westin Galleria. Please join Co-Chairs Daisy and John White, Niccole White Greeley, MD, and Christopher Greeley, MD, and Jacqueline White Arribas and Alfredo Arribas, DDS, to support the important work of Bo's Place. Ann Christensen, the first woman to chair the English Department at the University of Houston and a former Bo's Place support group participant, will share her experience after the death of her husband.



Rebecca and Christyn Taylor will be honored with this year's Robin Bush Award, given to those who make a marked difference in the lives of children. Rebecca and her mother Christyn founded Rebecca's Wish, an organization that provides hope and support to children suffering from pediatric pancreatitis.

Be sure to reserve your table by December 3 to be included on the invitation! For more information, please contact Rachel Daniels, Special Events Manager, at 713-942-8339 or heartsofhope@bosplace.org.

Reserve Table



Houston Marathon 2022

Cooler weather is here, and it's time to start training! We hope you will join Team Bo's Place as we run the We Are Houston 5K, Aramco Houston Half Marathon and Chevron Houston Marathon in person this January. Walker or runner, marathon or 5K, all participants are welcome! There are fantastic perks that come with being a member of Team Bo's Place, including:

- A monthly newsletter with training tips
- Fundraising incentives
- Overnight stay at the Hilton Americas downtown the night before race day for the top fundraiser
- A Team Bo's Place tech shirt
- An invitation to the Pancake Breakfast to celebrate your accomplishments!



Running for a reason is a meaningful way to support the families of Bo's Place and stay motivated. Run in memory or honor of a loved one and dedicate your miles to them. Join Team Bo's Place as we run with heart! Contact marathon@bosplace.org for more information.

Learn More



"Good Grief for Helping Professionals" Webinar - December 3, 2021

Bo's Place will offer its Good Grief for Helping Professionals webinar on Friday, December 3, 2021, from 9:00 am - 12:00 pm. This online workshop is designed for professionals wanting to build their skills to more effectively support the bereaved. Bo's Place clinicians will present on current grief theory, various indicators of grief, ways to support grieving individuals across their lifespans, and helpful reactions to grief. The training will also provide a greater understanding of a client's experience of grief through the lens of

COVID-19. Attendees will gain tools to support their work with the bereaved, interventions that can be delivered virtually or in person, and ideas for self-care. Opportunities for continuing education will also be available.

Please plan to attend and share with your networks!



Register Now



Happenings



Bo's Place staffed a booth at the **Monty Ballard YMCA Fall Festival** in Katy, Texas, on **October 23**. Kelly Prucnal, Volunteer & Outreach Manager, and Claudia Iselt, one of our dedicated Katy volunteers, handed out candy, Bo's Place bracelets, and flyers to over 500 children and their families. It was a great way to re-connect with the community in Katy!



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.

