

Healing Hearts



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Mourning and Mother's Day

While Mother's Day is a time to celebrate the mothers in your life, for some it can be a difficult reminder of a profound absence. The bereaved may struggle with this holiday, particularly:

- Mothers whose children have died
- Children whose mothers have died
- Women who have experienced a pregnancy loss
- Mothers raising their children alone after the death of their parenting partner
- Parents raising children and missing their own mother or grandmother
- Parents or guardians raising a child whose mother has died



If you know someone grieving this Mother's Day, let them know you are thinking of them and want to offer support.

If you are grieving, create a plan for Mother's Day. You may wish to celebrate the holiday in a special way that honors your lost loved one, or you may want to ignore the holiday. Everyone grieves in his or her own way, and there is no right answer.

Below we offer some resources for how to handle Mother's Day and other holidays:

[Helping Grieving Families through the Holidays \(English\)](#)

[Helping Grieving Families through the Holidays \(Spanish\)](#)

[How to Spend Mother's Day on Your Own Terms](#)

[17 Posts to Help You Cope with Mother's Day Grief](#)



Help Those Grieving For Their Moms This Mother's Day



Please consider making a donation in honor or in memory of your mother to help those grieving theirs.

[Give Now](#)



Women's Retreat

On Saturday, April 2, Bo's Place hosted 39 women for a virtual bilingual Women's Retreat/*Retiro de Mujeres*.

In small group sessions, participants created a memorial luminary and shared memories about the person who died. Participants also practiced self-care, including journaling, deep breathing exercises, stretching, and gratitude. The retreat culminated in an exercise that encouraged participants to let go of something weighing them down, and instead focus on hope, family, memories, and joy.

Participants said the retreat taught them the importance of self-care, taking time for oneself, and community. They expressed gratitude for Bo's Place.

Thank you to the volunteers, interns, and staff who played a role in preparing and leading this special event.



Fiesta is Back!

We were excited to once again celebrate our beloved volunteers at the annual Volunteer Appreciation Fiesta! More than 100 fabulous volunteers, board members, and other supporters joined us at Bo's Place on Saturday, April 2, for a delicious fajita dinner generously provided by The Over the Hill Gang BBQ team. Volunteers and board members won fun door prizes, including themed packages like *Family Fun*, *Fitness Fanatic*, *Night on the Town*, *Coffee Lover*, and *Texas Classics*. We also dedicated the 10+ Year Volunteer wall and art installation, which was created in honor of Carla Bagalay, former Volunteer Coordinator, and generously funded by METRO Blue Santa.

We can't say "thank you" enough to all the people and organizations who support Bo's Place. YOU are the reason we can help thousands of grieving individuals and families every year. Thank you for being #hearthealers!



Over the Hill Gang



Ted Naradovy (METRO Blue Santa) and Chris Bagalay by the art installation



Thursday 9-Week Group Facilitators and Guests



We Need In-Person Volunteers!

Calling all current, former, and prospective volunteers! We need in-person family support group facilitators!

We have significant wait lists for families who want to join an in-person family support group. We need volunteer facilitators in order to add both a Wednesday Ongoing Family Group and a Tuesday 9-week Family Group.

Previously trained volunteers interested in returning to facilitate in-person groups will be provided with a refresher "Advanced Volunteer Facilitator Workshop".

New prospective volunteers can schedule a tour to learn more about volunteer opportunities at Bo's Place. Please contact Kelly Prucnal, Volunteer and Outreach Manager, at kelly@bosplace.org or 713-942-8339 for more information.



Our next in-person Volunteer Facilitator Training will be held on **August 27 and 28, 2022**.

You, too, can #helphealhearts!



Upcoming Training Opportunity: Good Grief for Helping Professionals

On Friday, June 3, 9:00-12:00 pm, Bo's Place clinicians will hold "Good Grief for Helping Professionals" webinar. This workshop will help participants build their skills to support the bereaved more effectively. The workshop provides an overview of current grief theory, indicators of grief, and ways to support grieving individuals throughout their lives. Helping professionals will gain tools, resources, and interventions to strengthen their work with the bereaved, while also learning ideas for self-care.

Opportunities for continuing education are also available. Please plan to attend and/or share with your networks!



Register Now



Bo's Place Grief Support Services

At Bo's Place, we believe that grieving families heal when they 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, click [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.



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