

Healing Hearts



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Facing Father's Day Without Your Father

Father's Day is a time to celebrate the love between fathers and their children. For those who have lost their dads, this holiday can feel sad and lonely, but the connection between children and their fathers continues even after death. If you or your children are facing Father's Day without a father this year, here are some ideas for celebrating his legacy.

- Create a memory box or scrapbook with mementos that remind you of your loved one. The items can be tokens of a time spent together (such as ticket stubs, shells from a day at the beach, or photos) or reminders (an item of his favorite color or a photo of his favorite actor). You can also write letters, poems, songs, or stories, or draw a picture to put in the box.
- Gather with family and friends, and encourage them to share stories about your loved one with you and your children. You may decide to look through old photos or watch home movies, or write down stories or memories of your dad. Children who were very young when their fathers died will want to know what their dads were like. Stories that describe the kind of things their fathers did and the way they were, from the silly to serious, help them learn who their fathers were and how they are alike and different.
- Create a playlist to honor different memories of your loved one, or recreate a memorable meal you had together. You could try making your loved one's favorite recipe or going to his favorite restaurant. Memories are often connected with our senses.



If you are grieving this Father's Day, it is important to care of yourself. Create a plan for what you might do, from celebrating the day to avoiding it. Some ideas for approaching Father's Day and other holidays and can be found in our Helping Grieving Families Through the Holidays handouts in English and Spanish.

Helping Grieving Families through the
Holidays (English)

Helping Grieving Families through the
Holidays (Spanish)



Help Those Grieving Their Dad This Father's Day

Many of us are looking forward to celebrating Father's Day this week. However, this tradition can be difficult for those who have experienced the death of a loved one. In honor of or in memory of the dads in your life, will you consider making a donation to help those grieving theirs?



Give Now



A Record-Breaking Derby



A sunny afternoon set the stage on the beautiful lawn of the Houston Polo Club for the sixth annual Hats, Hearts & Horseshoes: A Kentucky Derby Affair benefiting Bo's Place. As horses watched from their stalls, more than 350 supporters dressed in their finest derby attire cheered on the field of horses that competed in the 2022 Kentucky Derby on May 7.

Chairs **Carol Lee and Allen Lyons** and **Sheridan and Robert Plumb** and honorary chairs **Megan and Luke Hotze, Hallie Vanderhider, Kelli and John Weinzierl, Alissa and Kevin Maples, Millette and Haag Sherman,** and **Christie and Mark Sullivan**, together with support from generous underwriters and sponsors, raised over \$345,000 to support the grieving children and families who come to Bo's Place for support.

The first-ever Champion of Hope Award was presented to **Rick Smith**, former Houston Texans General Manager. Rick stepped away from his career to care for his wife Tiffany during her battle with breast cancer. After her death in 2019, Rick and his three children came to Bo's Place for support. Rick is now a member of the Bo's Place board of directors and a tireless advocate for

grieving families.

Chairs Carol Lee Lyons, who came to Bo's Place with her daughter after the death of her first husband, and Sheridan Plumb, who came to Bo's Place with her family after the death of her younger brother, shared about leaving Bo's Place each group night feeling less alone and with a little more comfort and peace in their hearts. Sheridan added, "That's why we're here today. Bo's Place has helped our families and countless other bereaved families in our community. With your help, we can provide connection and support for countless more."

To make a gift to Bo's Place, visit the link below. Your support helps Bo's Place provide grief support services to children, families, and adults at no cost.

Make a Gift



Volunteer Spotlight: Jennifer Stuart

Jennifer Stuart first learned about Bo's Place when looking for counseling internships for her master's degree ten years ago, and she has been volunteering with us ever since! Jennifer says she learns about courage and strength from the Bo's Place families, while finding kinship with her fellow facilitators. Jennifer facilitates Thursday evening in-person family groups, and loves her Thursday team. She says the facilitators take care of each other in addition to the participating families, and there is rarely a post-group meeting that doesn't end in good-hearted laughter. In Jennifer's words, "You really do come away richer than before you started."

When not volunteering at Bo's Place, Jennifer is a high school English teacher. She uses her experiences as a facilitator in the classroom; she worked with Bo's Place Family Groups Manager Russ Robinett, LPC, LCDC to adapt some Bo's Place exercises for her students. Her students wrote about their own experiences with loss, and it was one of the most rewarding lessons she ever taught.



Jennifer has lived in Houston for almost 20 years and has two cats whom she considers to be her babies. She loves fantasy and science fiction and is writing her own book! The main characters struggle with different challenges, including grief.

Thank you, Jennifer, for all that you do for Bo's Place!



Become a Heart-Healer: Attend Volunteer Facilitator Training

The next Volunteer Facilitator Training will be held at the Bo's Place facility on **August 27 & 28, 2022, from 9:00 am to 4:00 pm.** The class will explain the mission of Bo's Place and give volunteers the information and skills they need to be effective volunteer facilitators in our grief peer support groups.

If you are interested in attending and becoming a volunteer facilitator for Bo's Place, please email Kelly Prucnal at kelly@bosplace.org for more information.



Celebrate Global Running Day with Team Bo's Place

Put on your running shoes and start stretching! Global Running Day is **today, Wednesday, June 1**, and Team Bo's Place

wants to celebrate with you. Kick off the 2023 marathon season at this Run for a Reason event:

- When: Wednesday, June 1, 2022
- 5:30PM-7:30PM
- Patterson Park - 2205 Patterson St, Houston, TX 77007
- Pacers will be on site and lead a run along the White Oak Bayou.

Attendees must be at least 21 years old. There will be giveaways for people that register with a charity on site (must show proof). If you are interested in running the 5K, half marathon, or marathon with Team Bo's Place in January, stop by this event to learn more about the benefits of running with us. Running for a reason is a special way to honor or memorialize a loved one, and we would love to have you on our team. Contact marathon@bosplace.org with any questions. We hope to see you there!



Good Grief for Helping Professionals Workshop

This is the last chance to register for our upcoming online workshop, Good Grief for Helping Professionals, on **Friday, June 3**, from **9:00 am to 12:00 pm**.

Offering three CEUs, this online workshop will help participants learn to support the bereaved more effectively. The workshop provides an overview of current grief theory, various indicators of grief, ways to support grieving individuals throughout their lives, and identifies adaptive versus maladaptive reactions to grief. Helping professionals will gain a greater understanding of individuals' experiences of grief, as well as tools, resources, and interventions to strengthen their work with the bereaved. The workshop will also include ideas for self-care.



Register Now



Smilin' Rylen Continues to Give Back to Bo's Place

The Cowan family started the Smilin' Rylen Foundation in August 2017 to honor their 13-month-old son, Rylen, who died after a short battle with bacterial meningitis. Rylen's organs were able to save five lives, and Smilin' Rylen Foundation raises awareness about organ donation and helps families in crisis.

The Foundation hosts annual runs in Katy, as well as many fundraising events, and has made Bo's Place the recipient of the annual raffle. This year, Bo's Place Executive Director, Mary Beth Staine, and Volunteer Facilitator, Claudia Iselt, attended the run and spread the word about Bo's Place.

We are so honored to be a part of Rylen's legacy, and grateful for our ongoing partnership with the Smilin' Rylen Foundation.





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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