

Healing Hearts



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It Takes a Lot of Supplies to Heal Hearts

Bo's Place is healing hearts in many ways, and each program requires a lot of supplies. Participants in our online adult groups, family groups, pregnancy loss groups, and Little Friends program (for preschool-aged children) are each mailed all the materials they need for their support group participation. For our school groups, we bring all the supplies to the school so students experience a school-based group with all the materials they would have access to at a support group at Bo's Place. For our in-person family groups, we use paper plates, plastic utensils, and paper napkins for the shared family meal before group begins, as well as loads of arts and crafts supplies for the children's activities and family projects.

Please help us replenish our group supplies by donating items from our [Amazon Wish List](#). If you place an order from our wish list, Amazon will send it straight to us. Please include your name and address on the gift receipt so that we can send you a letter of thanks (which you can use as your proof of donation).

And, do not forget about Amazon Smile! When you shop through the [Amazon Smile](#) program, your shopping benefits our programs when you designate Bo's Place as your favorite charity. To date, over \$4,000 has been donated to Bo's Place from Amazon because our friends have participated in the Smile program.



[View Amazon Wish List](#)



We Need YOU!

Many families are waiting to join our in-person family support groups. To add additional groups, we need more volunteer facilitators. If you have volunteered in the past and would like to return, please contact

our Volunteer and Outreach Manager, Kelly Prucnal, at kelly@bosplace.org about returning.



If you or someone you know is interested in volunteering at Bo's Place, there is still room in our upcoming [Volunteer Facilitator training on August 27-28](#). Volunteer facilitators lead our grief support groups, helping our group members connect with each other and guiding them through the group activities and discussions. This process allows group members to explore their reactions to their grief experiences and gain the support and understanding they need to move towards hope and healing.

What does it take to be a facilitator? You must be at least twenty-two, have a kind heart, be a good listener, and complete a criminal background check. We think our volunteers are the best people on earth, so you would be joining an inspiring group of compassionate and dedicated individuals committed to helping others. By giving of yourself to support the bereaved, you will also experience the rewards of meaningful service.

Here are quotes from current volunteers in response to the prompt "The best part of being a Bo's Place volunteer is"....:

- *"Watching the children connect with one another and learn from each other. A lot of changes from the first session to the end. It is around session 5 that they turn a corner and I know they are connecting and beginning to heal on some level."*
- *"I really feel like I am giving back to others when they are in a hopeless state. Seeing them come out of the darkness after 9 or 18 weeks is amazing!"*
- *"Bo's Place! Both the physical and virtual space is warm, welcoming, and uniquely powerful in a subtle magical way."*
- *"The connections I make...with staff, other volunteers, and group participants. It's very fulfilling!"*

[Learn More](#)



Volunteer Spotlight: Kellen Kroger

This summer, we have been extremely fortunate to have Kellen Kroger join us as a summer volunteer. She completed her first year at Pepperdine University working on a degree in psychology and is back in Houston for the summer. Kellen has known about Bo's Place since she was very young. Her father, Richard Kroger, was on our board of directors for many years, including serving as board president in 2013-2014. Kellen's giving heart led her to spend up to 20 hours a week with us this summer, generously giving her time to serve as a hospitality volunteer during family groups, updating our bulletin boards with interactive themes for group participants, organizing our group supplies, completing an inventory of our lending library, making group reminder phone calls to participants, and so much more.



When Kellen first came to Bo's Place this summer, she thought that it would be a wonderful experience for her degree and career in psychology, but what she found was so much more. In her words: "Bo's Place not only has taught me about the topic of grief and how support groups function to best support its members, but also how to support the individual in such a vulnerable place. As a hospitality host, I have recognized the hope that a grieving adult or child has as soon as they walk in the front door, and it has helped me to encourage that same hope in the lives of people around me and in my personal life. Bo's Place is a home for many group members, and it has taught me the difference that one person can make when they choose to be there for someone in their grief."

When Kellen is not spending her time in class or volunteering, she enjoys art and calligraphy (which you can see on display all over the Bo's Place building), lacrosse, and guitar. She is preparing to study abroad in Heidelberg, Germany this fall, so we wish her luck in her upcoming adventure!

Thank you, Kellen, for your love and dedication to Bo's Place!



Sponsor a Family Support Group Meal

Starting in-person family groups with a shared meal is a longstanding tradition at Bo's Place. Many in-person family groups begin with a potluck meal and volunteers and families bring food to share. Some groups have meals provided, such as the breakfast for the Saturday morning Spanish family group and the first and final group nights for the 9-week family groups.

If you would like to help support Bo's Place programs by donating toward our family meals, see the link below. A gift of any size will help provide the comfort of a shared family meal and a community of support for bereaved families.



Sponsor a Meal



Team Bo's Place Runner Spotlight: Debbie Leder

It may be hot outside now, but we are dreaming of the cooler temperatures that marathon weekend will bring in January. As we prepare for the upcoming marathon season, Debbie Leder, Team Bo's Place runner and member of the Bo's Place board of directors, shares her experiences as a Run for a Reason runner.

How many years have you participated in the Chevron Houston Marathon/Aramco Houston Half Marathon?
This is either my 7th or 8th year.

What prompted you to join the Run for a Reason program?
My love for Bo's Place. Also, running for a reason gives me motivation to sign up for the Houston Half Marathon. My motivation to run is not quite as strong as it was in prior years.

Why did you decide to run with Team Bo's Place?
Bo's Place is my favorite nonprofit. I'm constantly witnessing all of the people who benefit from Bo's Place.

What is the most meaningful part about running for a reason?

Running on behalf of a lost loved one. Last year I ran in memory of John Hilgert, who we lost in the Astroworld tragedy. It was my personal worst time ever, but it was not about me. Running in memory of someone puts life in perspective.

Do you set up a fundraising page and how do you promote it?

Yes, I do. I share the link on my Facebook page, send it via email to friends and family, and share with my colleagues. Fundraising pushed me outside of my comfort zone initially. What I've concluded is to be grateful for the people that donate and not be disappointed by the people that don't.

What advice or encouragement would you give to someone who is thinking about signing up with Team Bo's Place?

Just do it!! Team Bo's Place is made up of loving, quality people who you want to meet. Life is about finding your purpose, and this is just one of many ways to have purpose. Also, it's a great way to spend time with your entire family and model the importance of giving back to others.

We are so grateful to have Debbie run with Team Bo's Place again for the 2023 marathon season and we hope that you will join her on the course! 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.



Learn More



Upcoming Workshop: Good Grief for School Professionals

"Thank you for this awesome presentation! As a school counselor, I wanted to learn more about activities and appropriate procedures to help students with grief. The presentation, resources and activities are great tools to help me as I continue to seek practical ways to help my students." – Good Grief for School Professionals Participant



Registration is now open for Bo's Place Good Grief for School Professionals webinar:

- Friday, September 23, 2022
- 9:00 am – 12:00 pm
- \$40 for 3 CEUs
- \$25 without CEUs

Bo's Place mental health professionals will present this online training, which includes an overview of current grief theory, various indicators of grief, and activities that use grief-specific therapeutic elements.

Participants will gain a greater understanding of their students' grief experiences and reactions to the death of someone significant to them, tools and resources to support their work with bereaved students, and a school support plan ready for implementation with their students. This workshop will also include ideas for self-care. Opportunities for continuing education are available.

Please plan to attend and share with your networks!

[Register Now](#)



Brave of Heart Fund

Bo's Place received a generous \$20,000 grant from the Brave of Heart Fund toward grief support services for children and families who have experienced a COVID-19 related death. Last year, Bo's Place clinicians responded to 4,424 calls and inquiries to our Information & Referral Line from 352 zip codes, including fifty from zip codes disproportionately impacted by COVID-19; 13% of the individuals attending Bo's Place support groups experienced a COVID-19 related death. This grant will help ensure those families impacted by a COVID-19 related death have access to support and resources.

The Brave of Heart Fund was founded in May 2020 by the foundations of Cigna and New Your Life and is administered by E4E Relief. The Brave of Heart Fund provides the funds for this grant and the National Alliance for Children's Grief managed the RFP process and the ongoing oversight of the grants that were awarded. Bo's Place is a member of the NACG and has partnered with both New York Life and the NACG in a variety of initiatives.



Happenings

Bo's Place staff and volunteers were excited to return to the **Belle Blackwell Texas School Nurse Conference** in July to represent Bo's Place and provide attendees with information about our services. Kirsten Herrscher, Bo's Place board of directors member, and Rachel Daniels, Special Events Manager, attended fielding questions from hundreds of conference-goers who stopped by the Bo's Place booth and picked up information to share with their schools.



On July 18, Cory Worden presented Bo's Place with a generous donation from proceeds of the **2nd Annual For Kids' Hearts Punk Rock Show + Skate Jam**. This event was created by Cory and his family in memory of his infant son Jonah and to support children and families affected by congenital heart disease. Bo's Place is grateful to be a beneficiary of this very special event!



For the second year in a row, **Baylor College of Medicine** first year medical students spent the afternoon volunteering with us during their first week of school. They put their future suturing skills to the test by helping string up hundreds of paper cranes for a new art installation that we will soon be hanging in our front hallway. We appreciate all their hard work and taking the time to learn a little bit about our services.



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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