

Healing Hearts



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Suicide Prevention Month: Tips for Talking about Suicide

Talking about suicide can be difficult. Often, people suffer in silence with suicidal thoughts, because they are afraid of being stigmatized if they reach out for help. When we are willing to talk about suicide, it helps those at risk know that we care and that they are not alone.

If you worry someone in your life is thinking about suicide or self-harm, start a conversation with them. It could begin by simply asking them how they are, and the conversation can deepen from there. Sometimes it is helpful to share what you have observed that concerns you; for example, perhaps the person has stopped participating in activities they used to enjoy or seems to be isolating. Be direct. Ask if they are thinking about hurting themselves. This shows you are comfortable enough to have the conversation and hear what they may have to share with you. Do not worry about saying everything just the right way. Instead, listen to what they say without judging or trying to fix anything. Many times, the most supportive action is being a calm presence with someone in their time of need. Ask them if you can help them identify resources to support them, such as the numbers of crisis hotlines or a plan to seek mental health care.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Additional Resources



Little Friends Program Update

Our Little Friends program is resuming in-person groups! For the past couple of years our Little Friends program for preschool age children has been an at-home program, using weekly video modules and supplies mailed to

families. This format will continue to be offered while reinstating an in-person option for preschool age children and their caregivers. The Little Friends program aims to:

- Facilitate communication between caregiver and child regarding the death
- Encourage the preservation of memories of the person who died
- Help children identify and express their feelings

The in-person Little Friends group will meet for six weeks on Wednesdays from 3:45 pm – 5:00 pm. A start date will be determined after the minimum number of participants is met. The six week at-home format of Little Friends offers ongoing enrollment. If you or someone you know is interested in the Little Friends program, please contact us by phone (713-942-8339) or email (info@bosplace.org).



One of the extra resources we are excited to provide Little Friends families is a deck of “When Someone Dies” Activity Cards. The cards were created to help young children engage with caregivers to express their feelings, learn coping skills, and process their grief in age-appropriate ways. Members of the National Alliance for Children’s Grief, including Bo’s Place staff, contributed to the ideas for the content of the cards. A sample of the cards can be found below.

"When Someone Dies" Activity Cards



Help Heal the Hearts of Your Grieving Students

Bo’s Place “Healing Hearts” Grief Resource Book Bags are a resource for counselors, teachers, or other school professionals to share with students who have experienced the death of someone significant to them. The book bags can be used within counseling sessions at school or loaned out for the student to share with their families at home. We have book bags for elementary, middle, and high schools; each bag contains eight to ten age-appropriate books and a bilingual (English and Spanish) discussion guide. To sign up to receive a free book bag, please fill out the form below. The bags will be given out on a first-come, first-served basis until supplies run out. For questions, please contact Kelly Prucnal at kelly@bosplace.org.



Request a Book Bag

Another way to help support grieving students is to attend the upcoming *Good Grief for School Professionals* training on Friday, September 23, 2022, from 9:00 am – 12:00 pm.

Bo’s Place mental health professionals will present this online training. Opportunities for continuing education credit are also available. Participants will gain a greater understanding of their students’ reactions to the death of someone significant to them, as well as tools and resources to support their work with the bereaved, and a school grief support plan. This workshop will also include ideas for self-care. Please plan to attend and share with your networks!

Register Now



Volunteer Spotlight: Christa Wells

Christa Wells joined Bo’s Place as a Hospitality Volunteer earlier this summer, and she has been a huge part of the Thursday evening family groups ever since. She is not only a smiling face, ready to help serve our participants, but she also makes a point

to remember the children's favorite pizza or cookie flavor.

Christa says she knew how special Bo's Place was as soon as she stepped into the building. In her words: "Volunteering here has opened my eyes to how meaningful and necessary bereavement resources are in each community. Grief can feel so isolating, yet it is a universal experience that many people face in their lifetime. I was only 14 years old when I experienced the sudden, unexpected death of my older brother. I can remember the exact moment I found out so clearly, and it has been 13 years since that day – it is the day that my life fundamentally changed. I could have really benefitted from the support group services that Bo's Place provides by being able to feel seen, heard, and understood by other children my age who were working through the same emotions that I was experiencing. Volunteering at Bo's Place has allowed me to reflect on my own grief and has fueled my passion to be present for others on their own grief journey."

Christa has worked with children with disabilities for the past five years. Lately she has been exploring the Child Life profession and is about to begin her international practicum in Cape Town, South Africa! She enjoys spending time with her two cats, practicing Pilates, thrifting, and planning international adventures. We look forward to having Christa return as a Hospitality Volunteer in October!

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



Helping Navigate Pregnancy Loss: A Workshop for Healthcare & Mental Health Providers

Registration is now open!

Helping Navigate Pregnancy Loss: A Workshop for Healthcare & Mental Health Providers webinar

Friday, October 7, 2022

10:00 am – 12:00 pm

Online interactive webinar

This online training, presented by Dr. Sunita Osborn, a local psychologist and author of *The Miscarriage Map: What to Expect When You are No Longer Expecting*, will outline the psychological impact of pregnancy loss on the individual and family, and at a societal level. Participants will gain a greater understanding of common challenges and barriers individuals face in the grieving process and how mental health and medical providers can best support individuals following a pregnancy loss. Opportunities for continuing education credit will also be available.



Register Now



Houston Marathon Training Kickoff

Cooler days are coming, which means it is time to start training for the Chevron Houston Marathon, Aramco Houston Half Marathon or We Are Houston 5K! To celebrate the start of the training season, be sure to join Team Bo's Place at the annual Houston Marathon Training Kick-off Party on Thursday, September 22, from 5:30-7:30 pm at the Water Works in Buffalo Bayou Park. Come learn more about joining Team Bo's Place and stay for raffle prizes and a run led by the 2023 Pace Team.

Whether you are a lifelong runner or weekend warrior, we would love for you to join Team Bo's Place through the Run for a Reason program. For more information, contact Rachel Daniels, Special Events Manager, at marathon@bosplace.org.





Save the Date for Hearts of Hope 2023

Join us on **Wednesday, February 15, 2023**, at the **Hilton Houston Post Oak** for the annual Hearts of Hope Luncheon! We are thrilled to announce that **Ashley and Sam Cruse** and **Mary and Carter Groves** will serve as the co-chairs of this year's luncheon.

For more information, please contact Rachel Daniels, Special Events Manager, at heartsofhope@bosplace.org.



Hearts of Hope

BO'S PLACE 2023 LUNCHEON

Underwriting Opportunities



Happenings

Bo's Place and **Kids' Meals** have been partners for over a year, helping to promote each other's services. We recently delivered 1,000 additional Bo's Place flyers to be distributed with Kids' Meals deliveries. Thank you to Kids' Meals for helping educate the families you serve about our services!



Drew Nobel selected Bo's Place as the recipient of his **Eagle Scout project**. He and his friends and family constructed three benches for our front yard. He spent months planning and executing the project! We are thrilled to have these additions to our outdoor space for our support groups to gather when the weather is nice! Thank you for your generous donation, Drew!

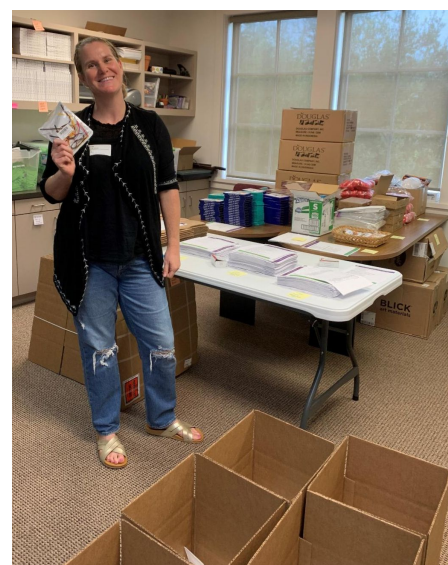


Outreach Committee member Jacqui White Arribas and Volunteer & Outreach Manager Kelly Prucnal attended the **HISD Annual Back to School Extravaganza** on August 19. They enjoyed handing out information about our services to hundreds of Houston families!



On August 27 and 28, we welcomed 38 new facilitator candidates to the Bo's Place building for **Volunteer Facilitator Training**. We spent two days getting to know each other, learning about grief, and practicing necessary facilitator skills. Make sure you say hello when you see some new faces observing upcoming groups. Thank you to all the new facilitators for helping us meet our goal of eliminating the wait list for in-person groups!

A big thank you to the volunteers who came on August 30 and 31 to help us **pack boxes of supplies** for the Online Family and Adult Groups! Your help means we can get our online groups kicked off for the fall!



Bo's Place welcomed **University of Texas pediatric residents** as a part of their class with Dr. Michelle Barrett. It is helpful for these medical professionals to learn about and experience Bo's Place in person so that they are aware the programs that we offer to support bereaved children and families.





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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