

# Healing Hearts



e-Newsletter | Month | 10.04.22

## In This Issue

- Light a Candle in Remembrance: Pregnancy & Infant Loss Awareness Month
- Celebrating Día de los Muertos
- Help Heal Hearts with a Holiday Meal
- NACG Fall Conference: November 4, 2022
- Volunteer Spotlight: Tim Ma
- We Are Houston 5K
- Grant Spotlight: Union Pacific Foundation
- 2023 Robin Bush Award to be presented at Hearts of Hope



## Light a Candle in Remembrance: Pregnancy & Infant Loss Awareness Month

October is Pregnancy & Infant Loss Awareness month. On October 15, we join with the international community to remember those lost by miscarriage, stillbirth, SIDS, ectopic pregnancy and perinatal death, and to support the families whose lives have been changed by these events. We invite you to participate in the [International Wave of Light](#) by lighting a candle at 7pm local time to honor all babies gone too soon.



Bo's Place offers Pregnancy Loss groups for women who have experienced the perinatal death of a child through miscarriage or stillbirth or a neonatal death of a newborn. The online groups are offered in English and Spanish on Monday evenings and last for five weeks. Please contact Bo's Place at [info@bosplace.org](mailto:info@bosplace.org) or 713-942-8339 for information on our Pregnancy Loss group and other resources.

On Friday, October 7, from 10:00 am to 12:00 pm, we will offer the webinar, *Helping Navigate Pregnancy Loss: A Workshop for Healthcare & Mental Health Providers*. 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, family, and societal level. Participants will gain a greater understanding of common challenges and barriers individuals face in the grieving process and how best to support individuals following a pregnancy loss. Opportunities for continuing education credit will also be available.

Register Now



## Celebrating Día de los Muertos

*Día de los Muertos*, or Day of the Dead, is a Latin American custom mostly celebrated in Mexico on November 1 and 2. During *Día de*

*los Muertos*, family and friends gather to remember and celebrate loved ones who have died. At Bo's Place, we recognize this tradition by creating *ofrendas*, altars honoring the deceased. *Ofrendas* are typically decorated with *calacas* (skeleton statues that are almost always portrayed enjoying life, often in fancy clothes), *calaveras* (skulls often made of sugar and decorated), candles, photos, paper marigolds, paper flags, and personal mementos. We invite you to create your own personal *ofrenda* at home to honor and remember your person who died.



### Create Your Own Altar

You can learn more about this holiday through the following events:

#### [October 29th: Día de los Muertos in the Heights](#)

The Heights will celebrate *Día de los Muertos* with a day filled with music, dance, art, food, and vendors at Montie Beach Park.

#### [October 29th: Magnolia Park Día de los Muertos Festival](#)

The Magnolia Park *Día de los Muertos* event returns to historic Hidalgo Park in Houston's East End with family-friendly fun.

#### [October 29th: MECA's 22nd Annual Día de Muertos Festival](#)

MECA's 22nd annual *Día de Los Muertos* Festival will feature a variety of traditional foods from the Americas, authentic Latin American arts and crafts, and three performance stages.

#### [October 30th: Día de los Muertos at Discovery Green](#)

Discovery Green's fifth annual festival will feature the movie *Coco* at 3 pm, followed by live performances and music.



## Help Heal Hearts with a Holiday Meal

The holidays are filled with memories and traditions. What makes holidays special can also make them especially difficult for the bereaved. To the bereaved, it may feel like they are grieving while rest of the world is celebrating. To offer extra support during the holiday season, Bo's Place wants to ensure that all our in-person family groups enjoy a special holiday meal in November and December. We are seeking companies, organizations, groups, or individuals to sponsor a meal for one of our support groups. This opportunity includes the chance to volunteer to serve the meal. Please consider this unique opportunity to bring tidings of comfort to families at Bo's Place. For additional details, please email [volunteer@bosplace.org](mailto:volunteer@bosplace.org).



## NACG Fall Conference: November 4, 2022

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 *Supporting Children and Families Following a*

*Stigmatized Death* on Friday, November 4, from 11:30 a.m. – 3:30 p.m.

- The event will be held at the Children's Assessment Center, located at 2500 Bolsover, Houston, Texas, 77005.
- This popular event includes unique presentations by thought leaders in the field of children's grief. The focus of the conference will be on supporting children and families as they cope with the layers of loss when a death is stigmatized. The speakers will explore ways we can stabilize and strengthen those grieving death by suicide or homicide as they integrate their losses into their lives. The first session, *Children, Grief, and Violent Deaths*, will be presented by [Diane Vines, MA, LMFT-S, LPM-S, RPT-S](#). The second session, *Rooted in Hope: Grief After Suicide and Traumatic Loss*, will be presented by [Tina Barrett EdD, LCPC](#).
- This event is free of charge. Please note that there are 3 CEUs available for this event, with \$45 payable at registration for those who wish to receive them.



Registration is required for attendance. Please plan to register and share with your networks!

Register Now

Download flyer

Questions: Please contact the NACG team at [info@childrengrieve.org](mailto:info@childrengrieve.org) or call (866) 432-1542.



## Volunteer Spotlight: Tim Ma

Tim Ma has a long history of helping the Houston community. Bo's Place has been fortunate to have him as a volunteer facilitator for the past four years. Tim is originally from Taipei, Taiwan, but moved to Los Angeles for graduate school and then to Houston in 2001. When Hurricanes Katrina and Rita hit, he knew he wanted to be a part of the disaster relief efforts. He quickly became interested in the emotional impact on people in disaster situations, which led him to volunteer with the Houston Hospice Butterfly Program, and eventually, Bo's Place. Tim started facilitating a Sunday family group before moving to online family groups. He now also facilitates an English-speaking teen group in the Saturday Spanish Ongoing Family group. He loves hearing his group members' expressions of grief and love in Spanish as well as in English, and occasionally shares bits of his own culture and native language with them.



As a new facilitator four years ago, Tim was nervous because he does not have a mental health background and is not a native English-speaker. He was afraid he might not understand all the cultural context for group discussions. His co-facilitators and group participants helped to ease his anxiety over time. Tim now believes that as long as you remain non-judgmental and empathetic, you will succeed as a facilitator.

When Tim is not volunteering with Bo's Place, the Houston Food Bank, disaster relief, or at a Chinese school, he works as a financial analyst for a high-tech company. He lives with his wife and enjoys reading and watching TV.

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



## We Are Houston 5K

Did you know you can participate in Houston Marathon Weekend without running 26.2 or 13.1 miles? Join Team Bo's Place for the We Are Houston 5K (3.1 miles) on Saturday, January 14. This family-friendly event takes

place in downtown Houston. After working up an appetite during the race, head to Bo's Place for a fun Pancake Breakfast. Walkers and runners of all ages are encouraged to join!

Run with Team Bo's Place while raising funds to help support the mission of Bo's Place. Team Bo's Place members receive monthly updates and training tips, a tech shirt to wear on race day, and incentives for top fundraisers.



[Learn More](#)



## Grant Spotlight: Union Pacific Foundation

Bo's Place was recently awarded a \$2,500 grant from The Union Pacific Foundation toward Hispanic/Latino Outreach. The program includes bilingual grief support in English and Spanish, community education, training, special programs and resources for Spanish-speakers, and outreach to the Hispanic/Latino community. Union Pacific has funded Bo's Place since 2012 with a total of \$37,000. It has funded our Hispanic/Latino Outreach program since 2018.



## 2023 Robin Bush Award to be presented at Hearts of Hope

Please join Bo's Place and Co-Chairs Ashley and Sam Cruse and Mary and Carter Groves on February 15, 2023, at the Hilton Houston Post Oak for the Hearts of Hope Luncheon! For more information, please contact Rachel Daniels, Special Events Manager, at [heartsofhope@bosplace.org](mailto:heartsofhope@bosplace.org).

Each year at the Hearts of Hope Luncheon, Bo's Place presents the Robin Bush Award to an individual, family or organization that has made a marked difference in the lives of children in our community. This year, Bo's Place is thrilled to honor **The Junior League of Houston, Inc.** with the **Robin Bush Award**. Since 1925, the Junior League of Houston has been committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. The Junior League of Houston has been instrumental to Bo's Place from its very first days. Through financial support and countless volunteer hours, the Junior League of Houston's commitment to healing grieving hearts is unwavering.



[Underwriting Opportunities](#)



## Happenings

The **National Charity League (NCL) Heart of Texas Chapter** held its first meeting of the year at Bo's Place on September 17. Bo's Place is the NCL's main philanthropy focus this year.

After the meeting, the eighth grade girls and their moms helped assemble our Bags of Hope participants in our School Groups. Thank you for your continued support, NCL!



On Thursday, September 22, Bo's Place runners and staff attended the **Houston Marathon Kick-Off** event at Buffalo Bayou Park. Runners who visited the Bo's Place tent had the opportunity to learn more about our team, play bean bag toss and participate in a fun guessing game.



On September 24, Bo's Place participated as an exhibitor at **Mental Health America of Greater Houston's 6th Annual Center for Schools Behavioral Health Conference**. The full day event took place at the Region 4 Education Service Center and attendees included educators, school administrators, and mental health providers, among others. Several conference participants shared gratitude for Bo's Place and the services we provide .



**Memorial Drive Presbyterian Church (MDPC)** held its annual **Outreach Sunday** on September 24th. Bo's Place was graciously invited to participate, and we enjoyed meeting with our friends at MDPC over their morning services and lunch afterwards. MDPC has supported Bo's Place since 2003, most recently through a grant of \$10,000 last fiscal year. They will also be sponsoring an upcoming Thursday 9-Week Family group meal this month. We appreciate all that our MDPC partners do for Bo's Place!



## 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.*



**CHARITY NAVIGATOR**  
Your Guide To Intelligent Giving

