

# Healing Hearts



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## November is Children's Grief Awareness Month: Listen on Repeat

Bo's Place is a proud member of the National Alliance for Children's Grief (NACG), an organization committed to raising awareness about the needs of grieving children, teens, and their families. During Children's Grief Awareness Month in November, the NACG is encouraging everyone to **Listen on Repeat** to children who are grieving. "Through active and sustained listening, we create space for children to share their experience and process the death of someone significant to them. Focusing on the transformational power of listening for children who are grieving, we will share the benefits of listening, equip the child's support team to listen, and encourage everyone to commit to **Listen on Repeat**."



Follow Bo's Place on social media for more information.



## Setting Your Intentions for the Holidays

If you are grieving this holiday season, it is a good idea to set your intentions for the holidays early on. When you are grieving the death of someone close to you, you miss all the different roles they played in your life, and their absence from these roles may be more keenly felt during the holidays. Was he the amazing cook that made the holidays delicious? Was she the extraordinary decorator or host that set the mood for all? Did this person help keep you calm amidst the holiday chaos?

The person you are grieving helped shape your experience of the holidays, and the holidays will not feel the same in their absence. Taking some time in advance to think about how the holidays will be different this year can help you plan ways to manage these differences. For example, if your Christmas tree is filled with ornaments that represent special memories, it may be too painful to decorate a tree this year. Decide with your family whether you will put up a tree. You may be more comfortable finding another way to make the holidays special. Or you may decide that instead of cooking your traditional family recipes this year, you will order a prepared meal or have "Friendsgiving" with others who are grieving.



For ideas on how to plan for the holidays, view [My Holiday/Special Event Plan](#) and Helping Grieving Families through the Holidays in [English](#) or [Spanish](#).



## Volunteer Spotlight: Regina Johnson

Regina Johnson has been a volunteer facilitator for the Monday Ongoing Family Group for four years. While Regina has worked in Human Resources for 20 years, she discovered an interest in social work after caring for her mother. She went back to school to earn a bachelor's degree in social work, found Bo's Place on Facebook, and has been with us ever since.



As a facilitator, Regina loves working with children. She especially likes encouraging them to talk to each other while they work on group activities. She does not remember having opportunities to share her feelings as a child and enjoys showing children the power of expressing emotions. One of Regina's favorite moments at Bo's Place happened during one of our summer programs. A very lively member of her middle school group ran up to her, gave her a huge hug, and said how much he had missed her. This memory is a frequent source of encouragement for Regina, reminding her of the impact she is making as a volunteer facilitator.

Regina calls her fellow volunteers "an inspiration" and looks forward to seeing them as much as the children in her group! We love seeing the close bonds that our volunteers forge with one another.

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Regina is a native Houstonian who loves to attend college football games "for the great cuisine!" She also loves to ski and snowboard and has recently begun to foster kittens.

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



## Amazon Smiles Have Been Delivered

Thanks to the many generous donors who gave us items from our Amazon Wish List, our school-based groups are ready to roll (literally)! Wagons and carts full of materials to help students share and connect in grief support groups will soon be rolling down hallways in schools throughout Houston.



Our newly adapted school group curricula use these supplies to help students better understand grief and bereavement, tell their stories, communicate their thoughts and feelings, build group cohesion, practice healthy coping skills, identify support systems, and remember the deceased. During each group session, students are invited to express themselves through discussion, drawing, writing, and creating.

What starts as a plain white paper bag, for example, is transformed into a luminaria, or a memorial lantern. Students fill the outside of the bag with words, symbols, or pictures that remind them of the people who died and place a flameless tea light candle inside the bag to create a warm glow. Students can take their luminarias home and "light" the candles whenever they want. Other activities include writing helpful people, places, and activities on blank strips of paper and linking the strips together to form a chain of support; filling empty boxes

with meaningful memories and keepsakes; using puzzle pieces to tell a story; and writing notes of hope on scratch-art paper. The materials used in group become part of something greater as they help provide group members with healthy outlets for their grief.

In addition to the school-based program, our online and in-person participants use a variety of supplies for hands-on activities during group. Our Amazon Wishlist can be found below.

If you shop with AmazonSmile and select Bo's Place on the charity list, a percentage of eligible purchases go towards healing hearts! (To use AmazonSmile, go to [smile.amazon.com](https://smile.amazon.com) on your web browser or activate AmazonSmile in the Amazon Shopping app on your iOS or Android phone within the Settings or Programs & Features menu.)

[View Amazon Wishlist](#)



## Good Grief for Helping Professionals Registration Open

Registration is open for Bo's Place upcoming *Good Grief for Helping Professionals* webinar on Friday, December 9, 2022, from 9:00 am – 12:00 pm. Opportunities for continuing education are available.



Led by Bo's Place mental health professionals, this important training is specifically designed for helping professionals and others who want to learn how to support the bereaved more effectively. The workshop provides an overview of current grief theory, various indicators of grief, how to support grieving individuals across the lifespan, and a list of helpful and unhelpful reactions to grief. Attendees will gain tools and resources to support their work with the bereaved, interventions to implement virtually and in-person, and ideas for self-care.

"This was one of the best trainings I have ever attended. The trainers were knowledgeable and sensitive to the audience. The techniques discussed will be very useful to me in working with clients." - Past attendee of *Good Grief for Helping Professionals*

Register today and share with your networks!

[Register Now](#)



## Birdies for Charity

FORE! Bo's Place is excited to be a part of the 2022 Cadence Bank Houston Open Birdies for Charity program, presented by THINK Neurology for Kids. Through November 13, you can sign up and donate to Bo's Place through this program. With each donation of \$20 or more, you can guess the number of birdies. If you guess correctly, you could win a suite night at an Astros game. 100% of your donation goes to Bo's Place. The top fifteen charities with the highest total donations and four randomly drawn charities will receive a bonus prize of up to \$25,000.



[Donate Here](#)



## Giving Tuesday is Coming Soon!

What if everyone came together to help Bo's Place's support Houston's bereaved families and individuals? Well, we can! Giving Tuesday is our chance. On November 29, the Tuesday after Thanksgiving, we can all participate in a global day of giving back. Help us eliminate waitlists for our grief support groups and serve every person who is grieving the death of a loved one this holiday season and throughout the year.



Here is an example of what your support does:

- \$25 donation can purchase three plush puppies for 3- to 5-year-olds in our Little Friends Group
- \$50 donation can provide five Grief Day by Day books for adults in our nine-week adult groups
- \$100 donation can provide a bookbag filled with grief support resources for school counselors
- \$250 donation can provide curriculum materials for one family group night
- \$500 donation can fund books and supplies for a five-week pregnancy loss group

Every gift, large or small, matters! Your tax-deductible support is essential to helping Bo's Place provide bereavement support services for every person who desires it. We appreciate every gift!

November is just the start of this season of gratitude. At Bo's Place, we are deeply grateful to all of you who, through your generosity, help hearts heal. Thank you!

Give Early



## 2023 Hearts of Hope Special Guest Speaker Emily Cave

Please join us at the annual Hearts of Hope Luncheon on February 15, 2023, to hear special guest speaker Emily Cave. At the age of 26, Emily became a widow before her first wedding anniversary when her husband NHL player Colby Cave died suddenly. With his tragic death, Emily was thrown into the public eye for the worst possible reason: losing the love of her life. She is now slowly rebuilding a new life while honoring her late husband. She hopes to help others who are also grieving by sharing her story with the world.

Help us continue to meet the needs of bereaved families in our community by being part of the 2023 Hearts of Hope Luncheon. For more information, please contact Rachel Daniels, Special Events Manager at [heartsofhope@bosplace.org](mailto:heartsofhope@bosplace.org).



Underwriting Opportunities



## Save the Date: Hats, Hearts & Horseshoes

# HATS, HEARTS & HORSESHOES

A KENTUCKY DERBY AFFAIR | BENEFITING BO'S PLACE

## SAVE THE DATE

• MAY 06 2023 •

HOUSTON POLO CLUB

5-7PM



Bo's Place

FOR INFORMATION, CONTACT

[derby@bosplace.org](mailto:derby@bosplace.org) • 713-942-8339

Underwriting & Sponsorship Opportunities



## Happenings

On October 6, the founders of **Mothers of Held Angels (MOHA)** recorded a podcast with Bo's Place Program Director Marian Mankin about supporting grieving families and the services Bo's Place offers. MOHA supports families in the Houston area who suffer the loss of a child through stillbirth or neonatal death. Their mission is to provide families with immediate day of loss resources to help begin their grief process. More information and a link to the podcast can be found on their [website](#).



Bo's Place Volunteer and Outreach Manager Kelly Prucnal attended the **University of Houston Metropolitan Volunteer Program Volunteer Fair** on October 10, a wonderful opportunity to meet hundreds of students and share information about services and volunteer opportunities at Bo's Place.



Bo's Place was honored to participate in the 22nd **Día de los Muertos Altar Exhibition** at the **Multicultural Education and Counseling through the Arts (MECA)** festival on October 29-30. The altar displayed loved ones from our staff, executive board, and committee members.



## 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.

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*Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.*

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