

Healing Hearts



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Planning for Grief in a New Year

For those who are grieving, marking the beginning of another year without their loved ones can be difficult. It can help to plan ahead for significant days and seasons in the year ahead.

We use a worksheet in our support groups called the "My Holiday and Special Event Plan." The worksheet helps participants think about traditions they would like to continue and brainstorm ways to honor the person who has died, such as cooking their favorite food or continuing their favorite holiday traditions. The worksheet also encourages participants to think of new things to try and consider how to take care of themselves. The worksheet can be used to help plan for any significant time of year, including birthdays, anniversaries, and other special times. If you are grieving this year, here are some helpful things to keep in mind:



1. Share your plan with people you might encounter on the day or during the season so they know what to expect.
2. Be gentle with yourself. Be flexible and willing to adapt your plan if you need to based on how you feel in the moment.
3. It is okay to say no to things. Grieving takes energy. You may not feel up to doing as much as you have in the past.
4. When you take time to pause and plan, you are caring for your body, mind, and spirit. You are working with grief, instead of against it.

My Holiday and Special Event Plan



Help Heal Hearts. Become a Volunteer Facilitator.



Help Bo's Place eliminate wait lists for our support groups by becoming a Volunteer Facilitator. We especially need facilitators for our in-person family groups and our online adult evening groups.

We will hold our next Volunteer Facilitator Training on **February 4-5, 2023, 9:00 am-4:00 pm**, at Bo's Place, 10050 Buffalo Speedway. In the training Bo's Place clinicians will explain the mission of Bo's Place and prepare volunteers to be effective volunteer facilitators for our peer support groups. If you are interested in becoming a volunteer facilitator or would like more information, please email volunteer@bosplace.org.



Gratitude for our Holiday Meal Sponsors

It is a long-standing tradition at Bo's Place for groups and individuals to sponsor meals for our support groups during the holiday season, which can be an especially difficult time for bereaved families. Holiday meal sponsors provide and help serve a special meal and give our families a break from the usual potluck-style meals. Thank you so much to The Junior League of Houston, Inc., the Junior League of Houston Sustaining Club, Ed Goodwin, Mostyn Law Firm, Yael Iffergan, and PBK Architects for your generous support and delicious feasts!

Your generosity and kindness made the season brighter for our grieving families!



Ethics & Self-Care: Recalibrating Our Approach through Mindful Self-Compassion Webinar

On **Friday, January 27, 2022, 9:00 am – 12:00 pm**, Sandra López, LCSW-S, ACSW, will present *Ethics & Self-Care: Recalibrating Our Approach through Mindful Self-Compassion*.

This training provides an opportunity for professionals to pause, reflect, and recalibrate how they approach their work, with a stronger commitment to self-care. During the COVID-19 pandemic, helping professionals had to learn how to support clients even as these professionals navigated their own difficult situations. When professionals are under stress, working with clients can be challenging and create ethical dilemmas. Participants will leave with a framework for connecting ethics to self-care by engaging in several mindful self-compassion practices.

Opportunities for continuing education will also be available. Please plan to attend and/or share with your networks!



Register Now



HATS, HEARTS, & HORSESHOES

A KENTUCKY DERBY AFFAIR | BENEFITING BO'S PLACE

Save the Date

Saturday, May 6, 2023
5-7 p.m.
Houston Polo Club

Julie and Stephen Chen
Alice and J.W. Lodge
Co-Chairs

Dorothy and Ronny Cuenod
Champions of Hope Award Honorees

For more information: 713-942-8339 or derby@bosplace.org

We look forward to seeing you at the starting gate on May 6th!

Underwriting & Sponsorship Opportunities



Don't Miss Out! Hearts of Hope Luncheon Coming Soon!

Join Co-Chairs **Ashley and Sam Cruse** and **Mary and Carter Groves** at the Annual Hearts of Hope Luncheon benefiting Bo's Place. The luncheon will take place on **Wednesday, February 15, 2023**, at the **Hilton Houston Post Oak**. We will honor The Junior League of Houston, Inc., with the Robin Bush Award and hear from Special Guest Speaker, **Emily Cave**.

We are grateful to the many friends of Bo's Place who are helping to make this event a success as we join together to help hearts heal in February!

Tickets and tables are limited, so secure your table now!



Hearts of Hope

BO'S PLACE 2023 LUNCHEON

Purchase Tables and Tickets

For more information, please contact Rachel Daniels, Special Events Manager, at 713-942-8339 or heartsofhope@bosplace.org.



Cheer on Team Bo's Place!

Cheer on Team Bo's Place during the Chevron Houston Marathon and Aramco

Houston Half Marathon! We invite you to join us on Sunday, January 15, 2023, to cheer on the half marathon and marathon runners at the Bo's Place HOOPLA station. Located at approximately mile 5.5 on the course, the station is a great point in the race see your friends or family members run by. We will be handing out snacks to runners and offering encouragement with signs and noisemakers.

If you are interested in joining the Bo's Place HOOPLA station, email marathon@bosplace.org for more information.



Thank You, Macy's!

Bo's Place was recently awarded a \$5,000 grant from Macy's toward grief support groups for children, teens, and adults. Bo's Place offers a variety of online and in-person grief support groups in English and Spanish at no cost for grieving families. Since 2007, Macy's has supported Bo's Place! We are grateful to Macy's for its long-standing commitment to heal the hearts of grieving children and families throughout Houston.



Happenings

On December 1, Bo's Place was invited to attend the **Union Pacific Builds Community Luncheon** honoring 37 Houston-area organizations that received grants from the Union Pacific Foundation. The grant received by Bo's Place helps fund our Hispanic Outreach Initiatives.



On December 7, Bo's Place was thrilled to host representatives of **100+ Women Who Care, Cy-Fair**. The women toured our facility, learned more about our grief support programs, and presented us with a much-appreciated donation. The gift has a 50% match by a generous sponsor. Thank you to Bo's Place Board Member Debbie Leder for recommending us to 100+ Women Who Care, Cy-Fair!



Oh, what fun! Colorful candies filled the tables and holiday tunes rang out at Bo's Place on December 7 as staff members decorated **gingerbread houses** and shared favorite holiday treats. The creative candy scenes

were presented to judges, and four finalists were entered into a voting contest on social media. What a sweet way for staff to enjoy some holiday cheer!



Volunteer and Outreach Manager Kelly Prucnal attended the **Harris County Juvenile Probation Community Resource Fair** on December 8 to educate employees in the juvenile probation system about Bo's Place services. Approximately 100 people attended and picked up information to share with the families they serve.



On December 11, Community-Based Programs Director Sable McElveen provided information on Bo's Place's support groups at t h e **Texas Children's Hospital Candle Lighting Ceremony**. Held for the first time since the pandemic, the Candle Lighting provides a time for families to honor the memories of loved ones who have died since 2020. This special event is held on The Compassionate Friends Worldwide Candle Lighting Day.



On December 12, the Bo's Place team accepted the **Houston Texans Inspire Change** grant, which will go to support our School Grief Support Program. Bo's Place was one of 15 awardees in a pool of more than 300 applicants. Huge thanks to the Houston Texans for helping hearts heal in our community!



On December 14, Bo's Place staff gathered for our **annual holiday lunch and white elephant gift exchange**. Everyone enjoyed a delicious meal from Carrabba's and the fun and festivities afterward. We look forward to the lunch every year!





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

