

Healing Hearts



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How to Support Grieving Students of Color

In the month of February, we recognize and honor Black History Month. In recent years communities of color have experienced grief and loss through discrimination, systemic racism, and COVID-19. Students impacted by grief and loss often have difficulty learning, expressing their feelings and interacting with peers. The Coalition to Support Grieving Students recognized the importance of an educator's role in helping students not feel alone in their grief. Educators are invited to create a space where students feel welcome and understood while keeping in mind cultural considerations and self-awareness. Learn ways to support grieving students of color by clicking the button below.



[Grief Among Students of Color](#)



Bilingual Women's Retreat Planned for April

This April, Bo's Place will be hosting a one-day bilingual retreat for women enrolled in our grief support groups. Attendees will have the opportunity to connect with other grieving women, learn and practice self-care, and honor their person who has died.

The day is filled with a variety of activities including yoga, journaling, discussion groups, and creative expression. A former participant shared the best part of the retreat is "having dedicated time for journaling or self-care, because I am not likely to do these things on my own."



If you would like to help, consider donating supplies for the Bilingual Women's Retreat from our Amazon Wish List.



Healing & Collective Grief Webinar - February 17, 2023

Bo's Place, in collaboration with The Institute for Spirituality & Health, is offering a new webinar, *Healing & Collective Grief*, on Friday, February 17, 2023, from 10:00 am – 12:00 pm. This online training will be co-presented by Sandra López, LCSW-S, ACSW, DCSW and Sabrina N'Diaye, PhD, MDiv, LCSW-C. Opportunities for continuing education are available. Please plan to attend and/or share with your networks!

This webinar provides an opportunity for professionals to consider the impact of their own experiences of loss and a collective yearning to connect when grief stems from a shared experience. Collective grief can manifest in the wake of major events such as: war, natural disasters, or others that result in mass casualties or widespread tragedy. We are still grieving collectively from COVID -19 and recent school shootings. At the same time, we are reckoning with a long history of racial trauma and pain. The challenges have brought anxiety, anger, and an erosion of trust in one another and our institutions. How do we grieve collectively? Does widespread loss simply compound personal loss, or can comfort be found in a collective grief process? This 2-hour webinar will consider the concept of collective grief: what it means, how the many current forms of grief diverge or intersect, and how collective grief shapes the personal grief journey.

[Register Now](#)

Champions of Hope Award Recipients: Dorothy and Ronny Cuenod

It is our great pleasure to share that time supporters, **Dorothy and Ronny Cuenod**, will be presented with the 2023 Champions of Hope Award at Hats, Hearts, & Horseshoes: A Kentucky Derby Affair benefiting Bo's Place on May 6. The Champions of Hope Award recognizes individuals who make a significant difference in the lives of those who have experienced the death of a loved one, providing support, hope and healing.

After the tragic death of their 14-year-old son Grayson, Dorothy and Ronny found themselves thrown into their life as survivors needing to find safe harbor for their family but with no idea how to get it. With the support of family, friends, church members, and Bo's Place, they found healing. And, in turn, Dorothy and Ronny have helped countless other bereaved families going down a similar rugged path.

Please join us, along with our chairs, **Julie and Stephen Chen** and **Alice and J.W. Lodge**, at this not to be missed event. We look forward to seeing you at the starting gate on May 6th.

[Event Information](#)

Team Bo's Place Crosses the Finish Line

After months of training and fundraising, race weekend arrived for Team Bo's Place. Runners and walkers participated

in the We are Houston 5K, Aramco Houston Half Marathon, and Chevron Houston Marathon. Bo's Place staff, board members, and families had fun cheering on runners and handing out oranges and bananas at the HOOPLA station along the marathon/half marathon course.



We are grateful for our runners, donors, and Corporate Partners who made this weekend possible. Each mile run and dollar raised makes a difference in the lives of families experiencing the death of a loved one.

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Grant Spotlight: Houston Astros

In January, Bo's Place received a \$10,000 grant from The Astros Foundation to support the School Grief Support Program which provides peer grief support groups for students in K-12 schools, age-appropriate grief related books and resources to schools, and training for educators, school counselors, and school personnel. The Astros Foundation is the official team charity of the Houston Astros, our 2022 MLB World Series Champions! This is our first grant from The Astros Foundation. Since 2009, they have donated Astros items including auction items for our 2022 Hats, Hearts, & Horseshoes event, such as dugout-level game tickets with Diamond



Dining Club passes, batting practice passes, and the opportunity to throw a ceremonial first pitch. We are grateful to The Astros Foundation for partnering with Bo's Place this year to help heal the hearts of K-12 students in Houston.



Kendra Scott Gives Back Again!

We are excited to announce another opportunity to support Bo's Place and wow your Valentine at the same time! Kendra Scott in the Heights Mercantile, 714 Yale Street, Suite 1D is hosting Bo's Place on Sunday, February 12, 3:00 – 6:00 for a Shop for Good in store event. There will be sips and sweets at the store and best of all 20% of all proceeds made during the event will be donated to Bo's Place at no additional cost to you. Great news for those of you who can't make it – you can still participate by shopping online from February 12 - 14 at KendraScott.com using the code GIVEBACK-DIXSW. We'd love to see you there!



Happenings

On January 25, Julie and Stephen Chen and Alice and J.W. Lodge hosted the **Hats, Hearts, & Horseshoes Welcome Party**. Guests enjoyed bubbles and bites while admiring Derby party outfits donned by models from Tootsies. The crowd is excited to gather on May 6 for the big Derby event benefitting Bo's Place!



Bo's Place offered a webinar on January 27, "**Ethics & Self-Care: Recalibrating Our Approach through Mindful Self-Compassion**," presented by **Sandra López, LCSW-S, ACSW, DCSW**. In perfect timing for the new year, this ethics training provided an opportunity for professionals to pause, reflect, and adjust how they approach their work with a stronger commitment to self-care. Attendees were provided a framework for connecting ethics to self-care by engaging in several mindful self-compassion practices. Many of our Bo's Place staff and volunteers were in attendance for this very informative and impactful training opportunity.



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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