

Healing Hearts



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Taking a Break For Grief This Spring

If you work in a school or have a school aged child, you are accustomed to planning for a Spring Break as a built-in part of your schedule. We all need breaks from time to time, to have new experiences or relax and rejuvenate. Grief can be exhausting, and it is important to find ways to take a break to rebuild your energy and inner resources, so you are better able to manage both your grief and life. Taking a break from grief doesn't mean you can magically make grief go away, it just means intentionally doing something to take care of yourself. Here are some ideas for ways to take a break.



50 Ways to Take a Break

Alternatively, if you are someone who stays busy to avoid thinking about your grief, then you might want to schedule some time to take breaks when you can deliberately focus on your grief. If grief is not given time and attention, it can come out in other ways like health issues or emotional outbursts. Setting time to intentionally focus on your grief in small increments can help release some of the tension from holding grief inside yourself. You could start small, with a time limited activity like spending 5 minutes writing a letter to the person who died or looking at pictures and increase the time of each break from there as you feel able.

For more information on the difference between taking a break and avoidance, view this article:

Avoidance Coping vs. Grief Relief: Taking a Break from Grief



Little Friends Wish List

Little Friends is a free grief support option for families with preschool aged children who have experienced the death of a parent/guardian or sibling. Activities for children focus on identifying and expressing feelings,

talking about the difference between being alive and dead, sharing and preserving memories, and reading grief related books for young children.

Families have the choice to enroll in an at-home or in-person program. The at-home version is facilitated by parents/guardians using supplies for activities and Talking Time discussion guides mailed to the home. Pre-recorded videos with book readings and activity explanations are sent each week for six weeks and families are encouraged to engage in the videos and activities at the time that works best for them each week.



The in-person option for Little Friends is a six-week program that will meet at Bo's Place on Wednesdays from 3:45-5:00 pm. Facilitated by Bo's Place staff and volunteers, adults meet with other adults while children are in group together.

Each week children engage in a different hands-on activity to help them express their thoughts, feelings, and memories about the person(s) who died. Children are encouraged to explore feelings using play doh or talk about changes while doing a butterfly craft. Colorful stickers and markers are used to decorate a keepsake box and children are encouraged draw pictures, write notes, or add special remembrance items to the box.

Materials that help support the Little Friends Program can be found on our Amazon Wish List.

[View Amazon Wish List](#)

For additional information on Little Friends, call 713-942-8339 or email info@bosplace.org.



Volunteer Spotlight: Kristin Stalnaker

Kristin Stalnaker first learned about Bo's Place from Sandra López in her Grief and Loss class at The University of Houston Graduate College of Social Work. But it wasn't until many years later that she began looking for a place to do meaningful volunteer work. In 2017, she decided to become a Bo's Place volunteer. Since then, Kristin has been a regular facilitator for the 9-week family groups, typically with the 5 and 6 year olds.

While she generally facilitates the young children's group, Kristin shared that one of her most memorable volunteer experiences was when she was placed with the middle school group. The older children had a lot more energy than she was accustomed to! But one of the benefits of all that energy was Kristen learned great Fortnite dance moves!

A clinical social worker at a hospital in the medical center during the day, Kristin enjoys going to Bo's Place every Thursday night and seeing the kids grow through their grief journey during the 9 week program. She takes every opportunity to tell others about what a wonderful organization Bo's Place is and how many families it has provided a safe place to be with others who have also experienced the death of someone significant in their lives.

Kristin lived in Ukraine while she was in the Peace Corps and shared that she has many fond memories of the people and culture of Ukraine. She still communicates with friends from Ukraine and she thinks about them often during the hard times they are currently facing.

When she is not rallying behind her LSU Tigers or UH Cougars, she is spending time traveling or with her family and friends. We are grateful that she carves out special time to come to Bo's Place each week to share a part of herself and to help heal the hearts of the children in her group.



With Grateful Hearts

Thanks to the generosity of so many friends and supporters of Bo's

Place, this year's Hearts of Hope luncheon raised over \$360,000 in support of the work of Bo's Place to enhance the lives of those who have experienced the death of a loved one!

Led by co-chairs **Ashley and Sam Cruse** and **Mary and Carter Groves**, guests were captivated by special guest speaker, **Emily Cave**, as she gave a meaningful and heartfelt tribute to her late husband, NHL player, Colby Cave. She shared "no matter how much time passes, the grief waves will always hit because there is no timeline on grief. There will always be days where you are thrown right back to that very moment you lost your loved one. When the wave hits, I try and remember that these waves are strong because the love is strong." Colby nicknamed Emily his "little world changer", and she is living out that name as she helps children through his memorial fund and shares her grief journey with the world through social media and soon her first book. Like Bo's Place, Emily's wish is that no one has to grieve alone.



With over 80 active and sustaining members of the Junior League in attendance, Bo's Place was proud to honor **The Junior League of Houston, Inc.** with the Robin Bush Award, given annually to individuals or organizations that have made a marked difference in the lives of children in our community. The Junior League of Houston has provided sustained, robust volunteer and financial support for Bo's Place since our earliest days, including funding our first grant, enabling us to hire a volunteer coordinator, and providing a training ground for many Bo's Place board members and event chairs throughout the years. **Anne Sears**, current President of the Junior League, accepted the award on behalf of the League.

To make a gift to Bo's Place, please visit the link below.

[Make a Gift](#)

We are grateful to all who attended or supported this event and for helping Bo's Place heal hearts!



Mary and Carter Groves, Ashley and Sam Cruse



Emily Cave, Mary Beth Staine, Anne Sears.



Active and Sustaining members of the Junior League of Houston.



Ready, Set...

Go! Time is running out to secure your table for the best Kentucky Derby party in town. *Hats, Hearts, & Horseshoes: A Kentucky Derby Affair* benefitting Bo's Place is taking place Saturday, May 6 at the Houston Polo Club.

It's nearly time to break out your best fascinator or seersucker suit and get ready to cheer on your favorite horse. Before the race begins, play the "Run for the Roses" racing wall, bid on exciting silent auction packages, or bring home a new bottle of bourbon at the Bourbon Pull. This is one party you don't want to miss!



[Purchase a Table](#)

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



Grant Spotlight: Charity Guild of Catholic Women

Bo's Place was awarded \$10,000 by the Charity Guild of Catholic Women at their grant presentation event on Tuesday, February 21, 2023. Grant recipients, volunteers, and guests attended the ceremony at the newly redesigned Charity Guild Shop on 1203 Lovett Boulevard in Montrose. Pictured is Mary Lou Hollender, Bo's Place Development Director, receiving the check from Elizabeth Jordan, Charity Guild President.



The Charity Guild of Catholic Women raised a record \$657,500 for their Children's Charities grant program this year and recently celebrated their 100th year of service to the community. Bo's Place received a \$10,000 gift toward our Healing Hearts Grief Resource bookbags for K-12 schools and family meals for grief support group participants. Bo's Place was one of 55 charities selected to receive a grant. Our request was supported by Jan Redd, a Charity Guild member and longtime friend of Bo's Place. The Charity Guild of Catholic Women has supported Bo's Place since 2016, donating a total of \$36,500. Bo's Place is grateful to receive this generous contribution from the Charity Guild of Catholic Women.



Happenings

On February 4 and 5, Bo's Place welcomed 15 new facilitator candidates for **Volunteer Facilitator Training**. Volunteers spent two days getting to know each other, learning about grief, and practicing essential facilitator skills. We look forward to welcoming these heart healers to our support groups!



We are grateful to Kendra Scott, located in the Heights Mercantile, who hosted us on February 12 for a **Kendra Gives Back** event in which 20% of all sales benefitted Bo's Place. Pictured is Rachel Daniels Bo's Place Special Events Manager.



In partnership with the Institute for Spirituality and Health (ISH), Bo's Place held a virtual training entitled "**Healing and Collective Grief**" on February 17. Presenters Sandra A. López, LCSW-S, ACSW and Sabrina N'Diaye, PhD, MDiv, LCSW-C shared with participants ways they can support themselves and others in times of widespread grief such as the pandemic, mass violence, and natural disasters.



A good time was had at **Tootsies** on February 21 when the **Hats, Hearts, and Horseshoes Derby kickoff party** and shopping extravaganza benefitting Bo's Place was held. Attendees had fun trying on fascinators and planning for the big race day ahead! Pictured here are event co-chairs, Julie Chen and Alice Lodge.



Representing Bo's Place, Mary Lou Hollender, Development Director, gave a report to **100 Women Who Care-Cy Fair** about the impact of their generous grant to our organization during their quarterly meeting on February 22. Pictured are Debbie Leder, Bo's Place board member, and Mary Lou Hollender.



On February 22, Bo's Place received a donation from **Belmont Village** from proceeds from their 2022 Festival of Trees. The Care Team Hospice selected Bo's Place as their charity in the tree decorating contest. While their tree didn't win, we still received \$4 for every vote for their tree!



Bo's Place staff joined in the fun on February 23 for **Go Texan Day!** We are ready for Rodeo season, yee haw!



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.

