

Healing Hearts



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Día de los Muertos

Our favorite fall tradition is here! Bo's Place will soon be adorned with vibrant paper marigolds, papel picado (paper flags) calaveras (skulls) and an ofrenda (altar) to welcome Día de los Muertos. Día de los Muertos is observed in Mexico and parts of Latin America on November 1st and 2nd. This holiday serves to celebrate, honor, and remember the lives of those who are no longer here with us. In addition to our Bo's Place ofrenda, group participants in our family groups will have the opportunity to create their own ofrenda (altar) using a shoe box. Families are invited to include photos and mementos of their loved ones. We welcome you to create your own personal ofrenda at home to honor your loved ones.



Make an Ofrenda at Home

You can participate in the holiday's festivities by attending any of the following events.

[October 27: Bo's Place Ofrenda: Día de los Muertos event](#)

Current Bo's Place support group participants are invited to join us on 6:00-8:00pm at Bo's Place as we host an evening event to celebrate Día de los Muertos. The evening will include memorialization activities, performances, and light food. Registration is required and will open in early-October. For more information, contact ofrenda@bosplace.org.

[October 27: Calavera con Calavera](#)

Calavera con Calavera is a play produced by Fundacion Latino Americana de Accion Social, whose mission is to create a healthier environment for members of the Latino Community. The play focuses on the Burgos Family and how they celebrate Day of the Dead. The performance is from 7:30pm-9:30pm. The performance will also be livestreamed.

[October 28-29: 2023 MECA Día de los Muertos Festival](#)

MECA (Multi-Cultural Education and Counseling through the Arts) will host its 22nd annual Día de los Muertos Festival. The festival will feature their ofrenda exhibition, food, folk and fine arts, and performances.

[November 4: Houston Día de los Muertos Parade](#)

The City of Houston is hosting its 3rd Annual Día de los Muertos Festival. The evening will be filled with live music, a Día de los Muertos procession, concession stands, and arts and crafts. The festival is scheduled from 2:00pm-10:00pm with the parade starting at 7:00pm.



Support Bereaved Families by Sponsoring a Holiday Meal

As the holidays are approaching, many picture that moment when they get to eat a delicious plate of food and feel comforted by that thought. However, food is full of memories and potential triggers, especially for the bereaved. With the help of generous Holiday Meal Sponsors, Bo's Place replaces our traditional pot luck pre-group meal with a sponsored Holiday Meal during the months of November and December. This act of care can allow families to feel nurtured and cared for during the difficult holiday season.

If you are interested in providing a holiday meal or donating funds to sponsor a meal, please reach out to give@bosplace.org. Thank you in advance for your generosity.



Volunteer Spotlight: Shari Fish

Shari Fish is a fourth generation Houstonian, having graduated from Bellaire High School and The University of Texas at Austin. She is also a wife of 36+ years, mother of 3, and grandmother of 3!

Shari first became involved in Bo's Place over 20 years ago when a friend introduced her to Bo's Place, and she was asked to become a member of the Board of Directors. Shari already had a special gift for helping others. After practicing as a CPA for many years, Shari returned to school to earn her MEd/Counseling from The University of Houston and founded Shari Fish Wellness, LLC in 2009, focused on helping people achieve healthier, richer, more balanced lives.

Her focus on helping others and Bo's Place did not stop at the Board of Directors. Shari went on to serve on the Development Committee, she helped start Bo's Place initial Houston Marathon Run for a Reason campaign, and she is one of our volunteer group facilitators. While she admittedly cannot choose a favorite of these roles, she does share that as a facilitator, witnessing trust, love, and support blossom between group members is awe-inspiring. The profound impact participants have on one another is the "magic of Bo's Place," and she witnessed it session after session, group after group.



For those who haven't experienced the "magic of Bo's Place," Shari adds that it is an impactful organization led by passionate and dedicated staff, a strong Board of Directors, and longtime volunteer and community leaders. She is proud that Bo's Place is committed to bringing transformative grief programs to as many parts of Houston's diverse population as possible, and acknowledges that these programs are vital, providing unparalleled perspective on grief and the uniquely individual grief journey. Because of volunteers like Shari, participants of all ages and circumstances can learn how to accept and live with grief, a difficult byproduct of love.

When asked why someone should consider volunteering at Bo's Place, Shari shares that Bo's Place is a very rewarding place to volunteer -- one always feels respected, supported, and above all, appreciated. Through her decades of engagement with Bo's Place, she has learned as much as she has contributed and always felt aligned with Bo's Place impactful mission. She concludes, "Bo's Place is a part of me, and I am grateful for the amazing staff, community, and my fellow volunteers. I

have truly learned and grown from each of them and can only hope that I am a better person as a result."

We feel the same way about Shari, having grown and become better from her service. Now that Shari is retired, she is enjoying spending time with her grandsons. And continuing to #helphealhearts, of course.



Upcoming Training Opportunity: "Good Grief for School Professionals"

Presented by Bo's Place mental health professionals, this online training is designed for educators, counselors, administrators, and school staff wanting to gain a better understanding of children's grief and how to support bereaved students. Topics include an overview of current grief theory, indicators of grief, children's understanding of death throughout developmental stages, grief-based books and activities, helpful and not helpful things to say, and student support plans. Attendees will be provided access to student support plan templates and printable grief activity samples.



Good Grief for School Professionals Online Webinar
Friday, November 3, 2023
9:00am - 12:00pm

For more information and to register, please visit the link below or email info@bosplace.org.

Register Now



Support the 2024 Hearts of Hope Luncheon

Co-Chairmen, **Emily and Chad Covey**, **Laura and Mark Dalton**, and **Amy and David Mitchell**, invite you to join Bo's Place for the annual Hearts of Hope luncheon on Wednesday, February 7, 2024, at the Hilton Houston Post Oak.

At the event, Bo's Place will honor **Lauren and Rob Gray** with the **2024 Robin Bush Award** for their unwavering support of Bo's Place and grieving families. The Robin Bush Award is given annually to those who make a marked difference in the lives of children.

This year's speaker will be **Kreis Beall**, co-founder of Blackberry Farms and author of *The Great Blue Hills of God*. Kreis will share her journey following the death of her son, Sam, who was killed in a ski accident in 2016.



We look forward to seeing you at the luncheon! Contact Rachel Daniels, at 713-942-8339 or heartsofhope@bosplace.org to reserve your table today!

Underwriting Opportunities



Happenings

The **Communities in Action Fair** for the **BakerRipley** programs was held on September 14, with Bo's Place staff member Donna Olson-Salas and volunteer Claudia Iselt sharing Bo's Place information and resources with attendees. There were

over 100 family development workers from various BakerRipley Centers in attendance, learning from more than 25 community organizations committed to serving the parents of children enrolled in the HeadStart and EarlyHeadStart programs in the Southwest Houston area, Spring Branch area and Ft. Bend County. We look forward to providing support and resources to those families in need of grief support services!



On September 18, Bo's Place provided a tour for the **Sheldon ISD** school counselors and gave them book bags with grief related books and discussion guides that can be shared with grieving students in their 12 schools.



On September 21, Bo's Place was honored to be a part of the **5th Annual Team Up** charity event hosted by Astros players Jose Altuve, Lance McCullers Jr., and Kyle Tucker at Silver Street Studios. Bo's Place Executive Director, Mary Beth Staine, and Associate Development Director, Rachel Daniels, visited with guests and shared information about Bo's Place.



School is back in session! The **School Grief Support Program** at Bo's Place is getting ready to kick off our school groups. Lori Bokone and Arlette Rodriguez, School Program Managers, held a training on September 22 for the clinicians and volunteer facilitators who will be leading school groups this year. The facilitators had an opportunity to review the curriculum for Elementary, Middle and High School. During the training facilitators, participated in the Chain of Connections activity in which the group reflected on how they are connected to Bo's Place and to one another.



Our Annual Bo's Place **Board of Directors Retreat** took place on September 26 at the home of Board President Kirsten Herrscher. It was a wonderful evening of fellowship and planning, as these amazing volunteers helped create a vision for the future.



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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