

Healing Hearts



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A Note from Jennifer...

I was recently reading a post from grief therapist and author, Claire Bidwell Smith. She pointed out that, "So often our grief is invisible to others. We walk through the world with it, see it reflected in photos and shop windows, or in the steam of a sauce rising from an old frying pan. And sometimes we forget that the grief is a way of keeping them close, of honoring who they were, who we were when they were still here, and who we have gone on to become in their absence."

As I watch our Bo's Place clinicians, program staff, and volunteers prepare for and facilitate groups, I am so grateful for the magic that happens at Bo's Place. Space is created for people to make their grief visible and build community with others who understand the path they are on. We create a safe place to walk alongside others on a similar journey. Doors are opened so that hearts can heal.



With Gratitude and Bright Hope for Tomorrow,

Jennifer Boubel
Executive Director



Identifying Support Systems with Young Children

When going through difficult times, it can be helpful to think about and seek out those around you who can offer comfort and support. Identifying your support system is a reminder that you are not alone. There are people who care about you, offering different ways to help you through tough times. It's important for young children, as well, to recognize the helpers in their lives.

In our Little Friends program for preschool age children, one of the ways group members identify their support system is through a paper chain activity, called "People

Who Care For Me." Families are introduced to the activity with a video from Sesame Workshop, which shows an example of the paper chain and can be viewed here:



People Who Care For Me

Using colorful strips of paper and crayons, children are encouraged to draw, write, and talk about the people who take care of them, who they can talk to, and who they can ask for help. This can include family members, caregivers, peers, teachers, doctors, neighbors, etc.

Some prompts may include:

- Who plays with you?
- Who takes care of you when you are sick?
- Name someone who helps you at school.
- Who talks to you about the person(s) who died?
- Who gives you hugs when you are sad or scared?

Each paper strip represents someone who cares about them. With some help from volunteer facilitators, children form the paper strips into rings and use tape or glue to connect them together, creating a chain. Guardians are encouraged to add to their child's paper chain and help find a spot at home where it can be displayed as a reminder that there are people who care about them, and who can help them during hard times.

For more information about the Bo's Place Little Friends program, please call 713-942-8339 or info@bosplace.org.



Helping Connect People with Bereavement Support and Resources since 1990

In 1990, Cissy Lowe Dickson and Karen Kraft Pennebaker founded a non-profit organization called The Grief Center of Texas (TGCOT) to help the bereaved. They started an information and referral line that provided information on grief support resources throughout the Houston area. Through responding to those calls, it became clear there was a great need for support for grieving families. TGCOT eventually became Bo's Place and began offering groups for grieving families in 1995.



All these years, we have continued to stay true to our roots and offer the Information and Referral line. Bo's Place clinicians answer calls and emails for those who have experienced a death, as well as from family, friends, co-workers, and other concerned individuals who want guidance on how to support the bereaved. Bilingual clinicians are available for inquiries from those whose preferred language is Spanish.

If you are looking for bereavement support or grief related resources for yourself or someone else, please contact the Information and Referral at 713-942-8339 or info@bosplace.org during our usual business hours (8:30am-5:30pm Monday-Thursday, 8:30am-4:30pm Friday).



With Grateful Hearts: Hearts of Hope Luncheon 2024

We are excited to announce that this year's Hearts of Hope Luncheon raised over \$450,000! This funding will help

Bo's Place continue to provide support and community to those who have experienced the death of a loved one.

Led by co-chairs **Emily and Chad Covey, Laura and Mark Dalton**, and **Amy and David Mitchell**, guests were captivated by special guest speaker, **Kreis Beall**, as she shared her challenging journey that included her beloved home burning to the ground, a brain injury that permanently impaired her hearing, the conclusion of her 36-year marriage, and the death of her eldest son in a tragic skiing accident. Her message that you can redefine life after deep loss resonated with all in the room.



We were proud to honor **Lauren and Rob Gray** with the Robin Bush Award, given annually to individuals who have made a marked difference in the lives of children in our community. Lauren and Rob shared their story following the sudden death of their 15-month-old son, Matthew, and the importance of Bo's Place to their family along their grief journey. Rob explained "Bo's Place is not a sad place. Sad stories are told, and yet the environment is one of support, comfort, friendship, and hope."

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

[Make a Gift](#)



Volunteer Spotlight: Kelley Workman

Kelley Workman, a mom to 6 children ages 8-27, grandmother to two, health coach, personal trainer, pilates instructor, and wellness speaker has been a volunteer with Bo's Place for more than six years. However, her journey with Bo's Place began as a participant after the death of her husband.

Kelley attended a family support group with five of her children. She shared that "My family was helped so much by Bo's Place that I knew I wanted to give back. I want to spread that love back forever."

Since Kelley became a volunteer support group facilitator in 2017, she has remained a consistent volunteer in the adult support groups. When reflecting on the impact of facilitating Kelley shared "I gained an increase in love and kindness for others and a continual reminder that life is fleeting so enjoy every single moment. It has also helped me understand that the grief we all have is equal to the love we have for our person that has passed, and as sad as we are, we can still be happy in that they existed at all."

Kelley was recently a panelist at Bo's Place Volunteer Facilitator Training weekend. She shared with new volunteers how she navigates difficulties in a group, things that support her, and why she continues to give of her time. She believes that "Bo's Place is set up in a fashion that volunteers are given every tool they need to be successful and volunteering for a place that exposes such vulnerability, sadness, kindness, love & healing is a miracle to be a part of. You really see the hopeless become hopeful, that is the Bo's Place Magic."

Thank you, Kelley, for all that you do to help heal hearts.



Time to Kick Off Hats, Hearts, & Horseshoes

Announcing our new Derby kickoff event:
Bowties, Bonnets & Bourbon

Tuesday, March 19
4:00-6:00 pm
Tootsies

Event co-chairs:
Fady Armanious and Bill Baldwin
Amanda and Terry Boffone
Jayne and Garrett Johnston

This fun event will be sure to get you in the Derby mood. Start shopping for your race day look, while also supporting Bo's Place!

For more information or to RSVP, please email
derby@bosplace.org.



Grant Spotlight: Charity Guild of Catholic Women

The Charity Guild of Catholic Women raised a record \$764,200 for their Children's Charities grant program this year. 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 63 charities selected to receive a grant. The Charity Guild of Catholic Women has supported Bo's Place since 2016, donating a total of \$46,500. Bo's Place is grateful to receive this generous contribution from the Charity Guild of Catholic Women.



Bo's Place was just awarded \$10,000 at their grant presentation event on Tuesday, February 13. Grant recipients, volunteers, and guests attended the ceremony at the Charity Guild Shop in Montrose. We are so grateful to be a beneficiary of this generous organization.



Happenings

Bo's Place was excited to host counselors from **Clear Creek ISD** on February 2 for a talk and tour of the building. Bo's Place Clinicians shared how our grief support groups work, how to refer families, and how we do some of our grief activities. Bo's Place is glad to provide grief workshops and trainings for schools and mental health professionals.



On the weekend of February 3-4, 26 participants attended our **Volunteer Facilitator Training**. We are so thankful to all the staff, volunteer panelists, hospitality volunteers, and meal donors/vendors (First Community Credit Union, A Sacred Choice, Chick-Fil- A Medical Center, Jason's Deli Shepherd, Fajita Pete's Bellaire, and Phoenicia Downtown) who made the weekend a success.



On February 9, Arlette Rodriguez, LCSW and Lori Bokone, M.Ed., LPC, Bo's Place School Program Managers, co-presented "**Good Grief for School Professionals**" in-person at our building. Forty-six school professionals attended and learned how to support bereaved students more effectively.



On February 19, Colleen Rathburn and Damita Phillips attended the **Carousel of Resources for the Mental Health Matters Conference in Pearland**. Over 100 school counselors, school nurses, and behavior specialists visited the Bo's Place booth.



On February 21, Bo's Place was invited to attend the **Union Pacific Builds Community Luncheon** honoring 50 Houston-area organizations that received grants from the Union Pacific Foundation. The grant received by Bo's Place helps fund our Hispanic/Latino Outreach Initiatives.



Team Bo's Place celebrated the end of the 2024 marathon season at the **Run for a Reason and Sponsorship Appreciation Luncheon** on February 21. Myia Burns, Bo's

Place Development Assistant, enjoyed an afternoon at Maggiano's Little Italy with other charity partners. Thank you to everyone who supported Team Bo's Place this season!



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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