

heart strings

FALL 2018



SCHOOL IS IN SESSION! How to Help Students Cope

Now that the dust has settled, and school has started back up again, the Children's Bereavement Center is here to give you some helpful ways to support the students in your life that may be grieving the death of a loved one. *Grief can present itself in several different ways, all of which can affect a child's concentration, their attendance, increase their anger and present other physical symptoms (headaches, stomachaches, tiredness, etc.).*

Before sending your child back to school, know that grieving children/teens need support from caring adults and they need to be reassured their feelings and thoughts are normal and that you are there for them. Here are some helpful hints to help support your child:

- Talk to the child/teen to determine what he/she wants others to know about his/her situation.
- Help the child/teen with words to use when others ask questions they do not want to answer.

- Keep things as "normal" as possible. (We know, easier said than done.)
- Create a plan and a signal with your child/teen that allows him/her to leave the classroom or situation if needed. Please cover all plans with your child's teacher to make sure everyone is on the same page.
- Establish a safe, quiet alternative to the classroom. Talk to the librarian, the nurse or the school counselor and see if you can arrange a "safe place" for them to go and take a moment to themselves. Again, talk to the appropriate school officials so everyone is on the same page.

The most important thing to remember is that everyone experiences loss differently and that grief is a natural response to loss. If you begin to see red flags regarding your child/teen, act, don't wait. *Red flag behaviors are, but not limited to: dramatic changes in personality or attitude, fighting/legal troubles, isolation from family and/or friends, suicidal thoughts, or academic failure/over-achievement.*

If you or someone you know is in need of grief support services, please contact the Center at (210) 736-4847.

We're here to answer any questions about your child/teen, as well as set you up for services.



We are so proud of the many children's hearts that are healing at our Center in the Rio Grande Valley.

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2ND ANNUAL CAMP HEROES AT CAMP HERMANN SONS

This past July was the second year that the Children's Bereavement Center's Camp Heroes had the pleasure of partnering with Hermann Sons Life to provide a Grief Support Camp at Hermann Sons Hilltop Campsite in Comfort, Texas. This camp was a momentous occasion as it was our largest camp to date! A total of 63 campers, ages 6-17 attended.



The Center provided 18 staff and volunteers to conduct various grief activities for the group. Children also had the opportunity to enjoy other activities, which included art projects, a ropes course, outdoor volleyball, drum circles, soccer, basketball, swimming, dancing and so much more!!



Our next Camp Heroes is November 18-20!
Application Deadline is Friday, November 2nd

For more information regarding the Center's grief camps visit our website at:
bit.ly/CBCSTgriefcamp
 or email
CampIntern@cbcst.org



PALOMA PLACE IS NOW OPEN IN FLORESVILLE!

The staff of the Children's Bereavement Center of South Texas has been honored to assist with the ongoing recovery effort in Wilson County following the church shooting in Sutherland Springs last November. Counselors from the Center were immediately called to provide support for teachers and counselors in both La Vernia and Floresville schools, and have continued to be on-site in the community since that time.

On Thursday, September 13th the Center, in partnership with the University of Texas at San Antonio's Academy for Crisis and Trauma Counseling, hosted an event to



Paloma Place Staff photographed left to right: Marilyn Grubbs, Ashley Jesse, Sara Mann, and JoAnn Flores.

mark the official opening of Paloma Place, and to dedicate the work done there to those who lost their lives in Sutherland Springs. The celebration provided attendees with a chance to pause and reflect on the significance of Paloma Place to this community. For the first time ever, FREE mental health services are being offered to the residents of Wilson County and the surrounding area.

The staff of both the Children's Bereavement Center and UTSA, have been deeply touched by the community's support and are honored to be in Floresville. Paloma Place would not have been possible without the support of the Floresville City Council, the Floresville Economic Development Council, Floresville ISD, the City of Poth and Huffman Development. Initial funding for Paloma Place was made possible by grants from the San Antonio Area Foundation, Whataburger, H-E-B, and the Federal Victims of Crime Act and designated support from caring friends of the Center.

Paloma Place is now offering FREE mental health services to children and their families, as well as adults in need of services for Wilson County and the surrounding area. If you or someone you know is in need of support, please contact Paloma Place at (830) 455-4840, or visit PalomaPlace.org.

The Center is excited to announce that the non-profit evaluator, Charity Navigator, has awarded the Children's Bereavement Center of South Texas a four-star rating for the third year in a row! Charity Navigator bases its ratings

on non-profits' financial health and commitment to accountability and transparency.

The Center could not have received this top rating without you! Thank you for trusting us with your donations, your volunteer time and your good will. Your trust

and support mean so much to the staff, as well as the children and families we serve.

Thank you for being a part of our mission to foster healing for grieving children, youth and their families in our community.

THANK YOU TO THE FOLLOWING PEOPLE FOR SUPPORTING THE CENTER:

To our in-kind donors: Thank You to Carrie Markham and her family who stock the Center with fresh fruit on a regular basis. Thank You to St. Thomas Episcopal School for collecting various art supplies and teddy bears. Thank You to Bergen Bonar's Boy Scout Troop Garden



Bergen Bonar's Boy Scout Troop Garden Project



John Santikos Charitable Foundation of the San Antonio Area Foundation

Project. Thank You to SPAW Glass for collecting over 300 teddy bears. Thank You to a local Girl Scout Troop who collected donations as well as art supplies. Thank You to our recent Paloma Place donors. Thank You to Silver & Black Give Back for funding a new playscape in Floresville. Thank You to the Wesley Nurses who brought art supplies and teddy bears to help get us started.

Thank You to our Pot-Luck Partners for warming the hearts AND BELLIES of our families! Thank You to Abiding Presence Lutheran Church, Alamo Heights Rotary, First Baptist Church of San Antonio, G.I.F.T. Class, Nicole Anderson & Family, Lauren Ferrero, Naderia Hartley, Jane Jordan, Junior

League San Antonio, Joselyn Molinari, Aimee Locke & Family, NCL Alamo Chapter, NCL Rose Chapter, Kimberley Pollok, Marci Swann & SWBC, and to Julie Wolle & Family!

A special THANK YOU to the John L. Santikos Charitable Foundation of the San Antonio Area Foundation for support to further the Center's mission to foster healing for grieving youth and their families in our community. And to Mario Galdos, who selflessly raised money for his birthday to help support our programming.

*Without all of you, the work we do would not be possible. **THANK YOU!***



Girl Scout Troop Donations

SAVE THE DATE!

GRIEF EDUCATION INSTITUTE TRAINING

Treating Childhood Traumatic Grief: Utilizing Components of Trauma Focused Cognitive Behavioral Therapy

Friday, November 9th, 2018
9:30-11:30AM

\$35 registration fee, CEUs available

THE FRIENDS OF THE CBCST PRESENTS: TOUR, TALK & TASTE

Tuesday, November 13th
9:00-11:00AM, Come and Go!
Brief Presentation at 10AM: *How to Talk to Your Children About Death*

CHILDREN'S GRIEF AWARENESS DAY

Thursday, November 15th
Wear BLUE to show your support

TOUR OF THE HEART

First Friday of Every Month
11:00AM-Noon
FREE to attend and BRING A FRIEND

HEARTS IN HARMONY GALA

Thursday, February 28th, 2019
Mays Family Center

THE BIG GIVE 2019

Thursday, March 28th, 2019
Midnight to Midnight
www.TheBigGivesa.org

For more information on these and other upcoming events, please visit our website at CBCST.org/events.

HELP DESIGN THE CENTER'S 2019 FIESTA MEDAL!



For the past several years, you and your family may have seen the Center's float in the River Parade or even seen us at a Fiesta event, selling our medals to raise awareness about the needs of

grieving children in our community. This year the Center is asking our supporters to help design the 2019 Fiesta medal for the Children's Bereavement Center of South Texas! You may come up with your own design for the medal, but we

also have some templates on our website to help get the creative juices flowing. All submissions must be received by Friday, November 2nd at 5pm and the winners will be announced the following Monday on our Facebook page.

If you would like more information or if you are interested in sponsoring the 2019 Fiesta Medal, please contact Franchesca Velten at fvelten@cbcst.org.