

# heart strings

FALL 2019



## AND THAT'S A WRAP ON SUMMER!

**T**he Children's Bereavement Center is happy to announce another successful summer at Hermann Sons Life Camp in Comfort, Texas. The Center hosted over 80 kids, ages 6-17, from San Antonio and the surrounding areas, at a 3-day, 2-night grief camp. Campers played and had fun making new friends with other children who have experienced a similar loss. These campers engaged in recreational and expressive art activities to help process the feelings of grief. Activities included journaling, dramatic play, music and art.



Many of the children who attend Hermann Sons Life Camp have experienced a loss of a parent or a close family member (grandparent/aunt/uncle). Since



the death loss, most of these children have seen a change in residency, as well as a change in school so they find it nice to get away from the everyday things. At Hermann Sons Life Camp, campers found it helpful to talk in sharing circles with other children who have also lost someone close. Campers also reported that the breathing exercises



taught in the sharing circles were helpful and will be used outside of the camp setting.

Overall, children were given a safe space to explore their grief and learned it is okay to talk about their experience with others. The next grief camp to be hosted by the Center will be in November 2019. Please visit our website at [CBCST.org](http://CBCST.org) for more information or call our office at (210) 736-4847 (HUGS).

**THE CENTER IS NOW A PROUD  
UNITED WAY PARTNER AGENCY!**



*Share the great news with your friends, and family!  
Find us on the United Way listing today!*



**Children's Bereavement Center**  
OF SOUTH TEXAS

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## DEAR FRIENDS,

What a Summer it's been at the Center – and what a Fall it's going to be!

While the Board of Directors has been busy behind-the-scenes, planning for and working on the agency's future, staff and volunteers continued to provide program services and prepare for the upcoming school year – customarily a very busy time for the Center. In fact, demand for the Center's services has increased so much that we are now open seven days per week – to host peer support groups and provide counseling. We are fortunate to have dedicated staff and volunteers that make this possible. In addition, our teams at Paloma Place in Wilson County and CBC-RGV in the Valley have also been serving record numbers of children and families this Summer.

Though it's still hitting 100° every day, Fall is just around the corner (can you smell the pumpkin spice lattes?) and school is already in full swing, which means the Center is humming with activity! This year we are working with Family Service Association to provide our services to students on school campuses across the city – a collaboration funded by United Way of San Antonio & Bexar County. This unique partnership will take us into five school districts this year and expands our effort to make grief support services easy for students to access – at school where they spend their days. We are incredibly proud of this school-based initiative and grateful for the

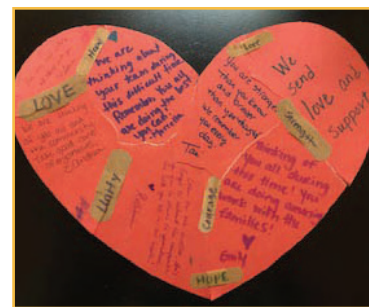


*Sweet care package going to El Paso, TX*

opportunity to extend our services to more grieving children and youth.

In preparation for the new school year, we've also just welcomed 12 new interns to the CBCST team and will add 5-6 Pet Therapy teams to assist with peer support groups for Sibling Loss, Beyond Self Hurt, Beyond Violence and the new Parent Loss group on Saturdays. We look forward to the healing support they will provide our families this semester.

Finally, as I write this, we are shadowed by the tragedies that recently took place in Midland, Odessa, Gilroy, El Paso and Dayton. There are no words to express our sadness for the families affected by these senseless acts of violence and hate. Our hearts are with every person who lost a loved one. Please know that CBCST is supporting these communities in any way possible. Our team sent a care package with words of sympathy and support accompanied by a supply of special grief workbooks in both English and Spanish to our friends at Children's Grief Center in El Paso. We remain on-call for whatever they need. Meanwhile, our Center in the Rio Grande Valley has initiated a special peer

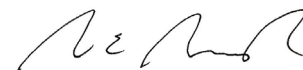


*Encouraging words to El Paso*

support group and counseling services for unaccompanied immigrant children who have lost loved ones and are now housed in detention centers along that area of the Texas-Mexico border. Our days are full.

On behalf of the Board and staff of the Children's Bereavement Center, we want you to know how much we appreciate your support. We are grateful for the opportunity to serve as a healing place for grieving hearts – we are able to do that because of the generosity of our community.

Sincerely,



Scott Gruendler  
*CBCST Board Chair*

## EVERYONE, MEET KATHLEEN!

The Center is excited to welcome and introduce our newest Licensed Professional Counselor, Kathleen Korndoerfer, LPC.

Kathleen is a Licensed Professional Counselor in the state of Texas, with a master's degree in Counseling & Psychological Services from Saint Mary's University of Minnesota and a bachelor's degree in Psychology from Luther College. Kathleen feels privileged to have been able to support many children and adolescents in various settings throughout her



*Kathleen Korndoerfer, LPC*

career and has obtained specialized training in order to best serve children, adolescents and adults therapeutically.

At the core of Kathleen's approach as

a counselor is the belief that we are self-healing beings with the lifelong potential for growth. She aims to create a safe, supportive and nurturing environment in which individuals and families can heal and grow. She integrates a variety of evidence-based approaches to meet individual needs and enjoys bringing art and other creative methods into her work with clients to support them in their healing process. During her time off, she enjoys being with her animals, taking her dog for long walks, going to the beach, and spending time in nature.



## PALOMA PLACE ONE YEAR CELEBRATION

**H**appy Birthday to Paloma Place! They recently celebrated their one-year anniversary of providing quality counseling services and support at no cost to the residents of Wilson County and the surrounding area. Paloma Place is the home of the Children's Bereavement Center of South Texas, in partnership with University of Texas San Antonio, and is intended to heal those who have been affected by the Sutherland Springs tragedy, as well as other needs that can impede healthy living and relationships. For more information on Paloma Place please visit [PalomaPlace.org](http://PalomaPlace.org). Thank you all for your support!



*Paloma Place Staff and Interns Celebrate One Year*



### *When You Leave a Legacy Gift, Your Will Lives On.*

By including the Children's Bereavement Center in your estate plans, you will be part of the driving force in assuring that thousands of children... perhaps even your grandchildren... will never have to walk the painful journey of grief alone.

For additional information, please contact Dr. Marian Sokol, Executive Director at (210) 736-4847.



## SAVE THE DATE!

### TOUR OF THE HEART

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

### SCHOOL COUNSELOR & SOCIAL WORKER OPEN HOUSE

Wednesday, October 9, 2019  
2:00pm - 4:30pm

### MOVIE UNDER THE STARS: COCO

Saturday, November 16, 2019  
Located at: Cherrity Bar

### NATIONAL CHILDREN'S GRIEF AWARENESS DAY

Thursday, November 21, 2019  
*Wear BLUE to show your support!*

### LOSS AND GRIEF BECOMING TANGIBLE THROUGH THE ARTS

*Presented by: Gabriela Gamez BA,  
MPS, ATR-BC LCAT*  
Friday, January 10, 2020

### VOLUNTEER TRAINING - ADJUNCT & COMMUNITY

January 2020  
*Applications can be found online.*

### 19TH ANNUAL HEARTS IN HARMONY GALA

Thursday, February 20, 2020  
Located at: Witte Museum

### 6TH ANNUAL G.E.I. SYMPOSIUM

#### *THE ANXIOUS CHILD: RISK & PROMISE*

*Presented by: Ira Chasnoff, MD*  
Friday, March 6, 2020  
Located at: Whitley Theological  
Center

### BIG GIVE

Thursday, March 26, 2019  
**24 hours of Online Giving!**

For more information on these and other upcoming events, please visit [CBCST.org/events](http://CBCST.org/events).

SAVE THE DATE

# SISTERHOOD — Soirée —

PRESENTED BY JULIAN GOLD

*Thurs Nov 21 7-10pm*

Co-Chairs:  
Sara Brouillard & Elizabeth Bright

More details coming soon.  
Tickets available for purchase at [CBCST.org](http://CBCST.org) or at the door

*Julian Gold*

*#SisterhoodSoiree*



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OF SOUTH TEXAS

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Mark your Calendars



205 West Olmos Drive, San Antonio, Texas 78212

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