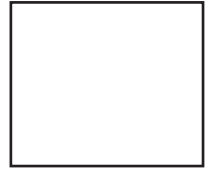




Children's Bereavement Center
OF SOUTH TEXAS

205 West Olmos Drive, San Antonio, Texas 78212
(210) 736-4847



heart strings

FALL 2022



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heart strings

FALL 2022

SAVE THE DATE

TOUR OF THE HEART

First Friday of Every Month
11am - Noon | FREE to Attend

Register at
give.cbcs.org/touroftheheart

25TH ANNIVERSARY LUNCHEON

Thursday, October 27, 2022
with Special Guest Speaker
Bode Miller

TEDDY BEAR BRUNCH

Sunday, November 6, 2022
at Signature at La Cantera

GIVE A LITTLE SPARKLE

Thursday, November 10, 2022
1-5pm at Uptown Broadway

BINGO NIGHT

Tuesday, November 15, 2022
at CBCST

NATIONAL CHILDREN'S GRIEF AWARENESS MONTH

November 17, 2022

Wear BLUE to show your support!

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

HELP US HEAL HEARTS TODAY!

When you choose to donate, you help
to fuel our mission and remind those
grieving that they are not alone.



Architect's rendering of the proposed Center in Uvalde.

BRINGING COMFORT & CONSULTS TO UVALDE FAMILIES

In May 2022 when tragedy struck in Uvalde, our team immediately began to put a plan of action into place. We knew that this community would need our support in the many difficult months and years ahead. Through the support of our community and communities across the country - we have raised nearly 2.5 million dollars to fund a space filled with love, compassion, and safety for the hurting families in Uvalde.

Our Center for Comfort and Consults is a safe space that allows children and their families to connect with our staff and receive our grief support services, all at no cost. Over the summer months our staff also spent time with school teachers, administrators, and other school staff to ensure they had the appropriate training when they returned to the classroom.

Recently, we have committed to a long-term presence in Uvalde leading us to begin renovations on a larger and more permanent location. Increasing our

amount of square footage to 2,400 square feet and allowing for more counseling and expressive art rooms. We are so grateful to the dedicated professionals who continue to help bring our vision to life!

"We are indebted to all those who support our mission of helping grieving children heal." - Marian Sokol, Ph.D., MPH

All of this work would not be possible without the incredible support of donors from communities across the country. We remain grateful for the opportunity to help carry the heartache in Uvalde.



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DEAR FRIENDS,

I hope each of you and your families experienced wonderful memories together this summer and are in full swing of a busy fall season. As we look forward to the holidays, we venture into a time of reflection and gratitude for our many blessings and answered prayers throughout the year. The Center continues to be one of my many blessings and a resource of hope and peace for children and families struggling with the devastating loss of a loved one.

As of August 2022, the Center served more clients this calendar year than any year prior. While this statistic indicates the staggering need for grief services in our community,

we are thankful to employ expert grief counselors (with big hearts!) and a grief services model known throughout the country for its effectiveness.

We are also proud to announce we completed three successful camps this summer, where children and families were afforded the opportunity to progress in their healing journey amidst a beautiful environment away from the hustle and bustle of everyday life.

The day after my election as Board Chair, an unthinkable tragedy struck the small South Texas city of Uvalde. Our leadership team and staff immediately took action to ensure the Center and its services were present to assist in the days that followed.

As the Center's support services remain a vital resource to so many, I am deeply committed to ensuring the Center provides the therapy and healing desperately needed throughout South Texas. I cannot adequately convey the level of appreciation to each of you for your support, dedication, and service to the Center and our mission. We have ambitious goals to achieve and hope to share and connect with you at the Center, our events, and in the community throughout the next year.

Gratefully yours,

Lauren Ferrero
CBCST Board Chair



The Segura Family

21ST ANNUAL HEARTS IN HARMONY GALA

In May we hosted our 21st Annual Hearts in Harmony Gala, a celebration of all the Center has accomplished and a look at the year ahead. We were so grateful to have the opportunity to gather together with so many wonderful people and celebrate the mission of the Center together.

At the event we were able to raise more than \$500,000 that will help us continue to provide our grief support services to families at no cost. We are so grateful to everyone that attended and everyone that worked tirelessly to make this event possible. As we wrap up this event we look forward to our 25th Anniversary luncheon celebration on October 27th.

SCAN TO WATCH
THE GALA VIDEO



MAKING SUMMER A LITTLE BRIGHTER

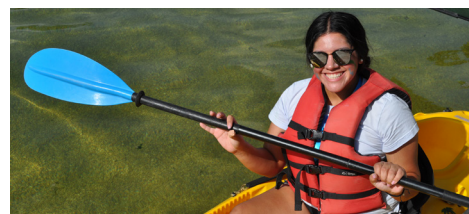


A camper remembers fishing with his late father and makes new memories.

Summer is such a special time for children, a time for rest, relaxation, and fun. While a joyous occasion for so many, summer can also be a time of grief and mourning for those children and families coping with the loss of a loved one.

At the Children's Bereavement Center of South Texas we offer two grief summer camps that serve children and their families. The first session is Camp Heroes at Hermann Sons which serves children ages 7-17. At Camp Heroes counselors and community volunteers lead children through a number of therapeutic activities that help children process their grief and loss. Similarly at Camp Cardinal, families who have lost a parent are brought together at Camp Mystic where they also participate in therapeutic activities together as a family unit while also making memories swimming, horseback riding, fishing, etc.

Programs like this are only made possible through the support of dedicated community members who strongly believe in our work to provide hope and healing to grieving children. Together we made summer a little brighter for so many grieving families.



Camp participants had the opportunity to experience nature.



Horses bring a new experience to healing.



We are proud to be a United Way Partner Agency

COUNSELOR'S CORNER >>>

EMDR & TRAUMA IN YOUNG PEOPLE



Visit www.emdr.com for more info on EMDR therapy.

Trauma occurs when one experiences a situation where they believe they are in danger or they are actually in a dangerous, life-threatening situation. The current state of our world and society is troubling and can be a reminder of past traumas. We can also experience trauma vicariously through images that we see and hear about.

Fortunately, the brain is designed to heal itself; but with trauma, the memory isn't stored appropriately, and a person can feel as if they are back in that same situation. It helps to think of the brain as a computer that can break down and function incorrectly when faced with extreme difficulties.

Eye Movement Desensitization and Reprocessing (EMDR) is an evidence-based

psychotherapy treatment that has been shown to help to lessen the physical and emotional symptoms that occur after a traumatic event. During the REM cycle of sleep, our brain files away memories. EMDR therapy helps to recreate this process and can help the brain appropriately file away traumatic memories.

If you or someone you know is suffering from post-traumatic stress, please know that there is help available through the support of trained EMDR therapists like those at the Children's Bereavement Center.



Ashley Jesse, LPC-S

Leave a Lasting Legacy & Create a Brighter Future *It's Easy. Your Legacy Can Begin Today!*

Visit cbcstlegacy.org for more information on how you can support a grieving child today!

When you include the Children's Bereavement Center of South Texas in your estate plans, you are joining us in our journey of providing hope and healing to grieving children. You are ensuring that no child today or any day in the future will have to walk the painful journey of grief alone.

For additional information, please contact Kristina Hernandez, Development Director at khernandez@cbcst.org

