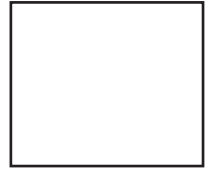




Children's Bereavement Center  
OF SOUTH TEXAS

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



# heart strings

SPRING 2022



## IN THIS ISSUE



- Helping to Heal Hearts All Through the Holidays
- Thank You La Cantera Resort!
- BexarFest with Saint Mary's Hall
- Counselor's Corner - Play Therapy

# heart strings

SPRING 2022



Salina's children with their grandmother at the annual Holiday Shop.

## HELPING TO HEAL HEARTS ALL THROUGH THE HOLIDAYS

Every holiday season the staff at Children's Bereavement Center hosts families at our annual Holiday Shop. This holiday tradition centers around children selecting presents for their caregivers, decorating Christmas cards, and wrapping their special gifts with some help from our holly jolly volunteers.

While the children are preparing their gifts, caregivers enjoy breakfast tacos, hot chocolate or coffee, and conversation in our living room. All the gifts for Holiday Shop are donated and wonderful community partners like **Snooze A.M. Eatery** provide the food for families to enjoy!

This tradition has allowed us to give children the opportunity to show love and appreciation for their caregivers during the holiday season. We know that the holidays can be difficult when you are grieving. Our Holiday Shop allows for families to create new memories and new celebrations.

We're so honored to be able to allow families the opportunity to participate in this special tradition and we look forward to many more holiday seasons to come!



Children enjoy wrapping gifts together with help from volunteers.



Families experience the magic of visiting with Santa.

Families like Salina's greatly benefit from this event - Salina shared, *"We are thankful to have a place that helps families with different dynamics feel special and seen. The kids were so excited to independently choose gifts for their adult. The Center has been a huge blessing to our family."*

### 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.





#### BOARD OF DIRECTORS

Roberto "Bobby" Rios – *Chairman*  
Jimmie Keenan – *Vice Chairman*  
Lauren Ferrero – *Secretary*  
Connie Gilbert – *Treasurer*  
Mallory Ahl  
Anthony "Tony" Bartys  
Yonnie Blanchette  
Tom Coyle  
Craig Davis  
Dana Deaton  
Beverly Duke  
Frances Gonzalez  
Mary Ullmann Japhet  
Manda Kelley  
Scotty Macdaniel  
James Maxey  
Chris Rulon  
Ryan Sullivan  
Candace Tottenham  
Debra Weems

#### ADVISORY BOARD

F. Michael & Jodi Wood – *Chairmen*  
Janie & James Worth – *Vice Chairmen*  
Margaret Berton, Ph.D.  
Patricia Bose  
Carolyn Brown  
Laura Nell & Trace Burton  
Sallie & Barry Chasnoff  
Mary Beth Fisk  
Linda Fugit  
Susan & Bill Galbreath  
Julianne Hawn Holt  
Janet & Boxy Hornberger  
Susan & John Kerr  
Kitty & Rich Lange  
Paula Loring  
Camille & Clark Mandigo, III  
Nancy Martin, Ph.D.  
John E. Newman, Jr.  
Jacqui Peace  
Sally & Robert Sohn  
Eliza Sonneland  
Pam & Dave Thomas  
Barbara Wood  
Mertie Wood

#### FRIENDS OF THE CBCST BOARD

Jordan Williams – *President*  
Mallory Ahl  
Shelby Ames  
Elizabeth Bartolomei  
Sallie Chasnoff  
Ashby Christian  
Jennifer Cooney  
Gretchen Cruthirds  
Susie DeKoch, DDS  
Ashley Friedman  
Linda Fugit  
Courtney Gerken  
Ann Guerrero  
Sarah Hodge  
Sara Holliday  
Stacy Hoyt  
Catherine Jones  
Jane Jordan  
Shannon Kingman  
Kitty Lange  
Brooke Leddy  
Kourtney Little  
Mary Lou Vielock  
Scotty Macdaniel  
Kendall Mazurek  
Emily McMurray  
Caroline McSween  
Meredith Michelson  
Allison Mills  
Scarlette Moorman  
Emily Murdock  
Lela Muzquiz  
Rebecca Nathan  
Ale Newton  
Kristin Payne  
Wesley Pennington  
Lauren Pepping  
Allison Pye, MD  
Zoe Reilly  
Eva Reza-Holliday  
Michelle Sasser  
Stephanie Sierra  
Elizabeth Stephens  
Lyn Swoboda Akhil  
Christina Thompson  
Elizabeth Vita  
Amelia Williams

## DEAR FRIENDS,

I hope you and your families are staying safe and well! As we welcome the spring season, it's a reminder of renewal and hope that arrives after the bleakness of winter.

I encourage you to join me in this season of being hopeful despite our ever-changing circumstances. Though we live in times of uncertainty, whether experienced in our world or in our own lives, we must remember to see the beauty of life itself.

This reminds me of the beauty of healing that is experienced

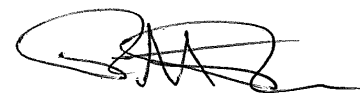
every day in the Center's recently expanded space. Numerous families are already benefiting from the added counseling spaces and so many in our community are beginning the healing process after losing a loved one during the pandemic. With this in mind, we know that the Center will continue to be filled with families in need of grief support.

As we strive for a sense of normalcy as a community, the Center remains a constant place of hope in the lives of so many. Every day I am grateful for the opportunity to support this wonderful organization. If you have not yet found the time to come visit the new space at the Center and

see the healing atmosphere for yourself, I would highly encourage you to do so.

On behalf of the entire Board of Directors, thank you for your continued support of our mission to spread hope. Together, we can continue to heal hearts, one child at a time.

Sincerely,



**Bobby Rios**  
CBCST Board Chair

## THANK YOU LA CANTERA RESORT!

In Fall of 2021, La Cantera Resort hosted three signature events and named the Children's Bereavement Center the beneficiary.

The Teddy Bear Brunch at Signature, annual Holiday Tree Lighting, and the Grinch Brunch at Sweetfire Kitchen collectively raised over **\$14,000!**

All of the funds raised will support grief support services for grieving children and their families. At the Children's Bereavement Center, we are so grateful for the opportunity to provide the exceptional grief support services we offer at no cost to the families we serve. We believe that every child deserves access to quality mental health services, despite the obstacles they might face.

Our partnerships with wonderful businesses like La Cantera allow us to continue to help families see a brighter tomorrow despite the circumstances they are navigating. We continue to only be as strong



*Guests enjoy the sights and sounds of the season.*

and resilient as our community, so we want to thank everyone at La Cantera and say thank you to all those who have supported our mission of hope and healing!



## BEXARFEST WITH SAINT MARY'S HALL

BexarFest is an annual event that pairs high school media production teams with local nonprofits to produce promotional videos that highlight the important work and services they provide to the community. This year we were fortunate enough to be partnered with students from Saint Mary's Hall. The students from Saint Mary's

Hall took time to come visit the Center, learn about our services, and determine the needs of our organization. This initial meeting laid out the foundation for a truly wonderful partnership.

The video piece centered around our work with teens and young adults. With the help of the Saint Mary's Hall students, we were able to replicate our peer support group model and hear first hand, from clients, how impactful our grief support services are!

The BexarFest competition will conclude with an award ceremony on April 12, 2022. We are so excited and honored to be a part of this community event and we look forward to many more wonderful years of collaboration.



## COUNSELOR'S CORNER >>>>

### PLAY THERAPY

As adults we communicate through our words; children however may find it easier to communicate through their play. This is the main principle of play therapy – play is the language of the child. Play therapy is typically appropriate for clients ages 12 and under, and research shows that it is an effective counseling approach regardless of client age, gender, or presenting concern. As a part of play therapy, play therapists strategically choose toys, games, and activities that serve a purpose



Visit [www.a4pt.org](http://www.a4pt.org) for more info on play therapy.

and can be used by the child to communicate a theme or inner dialogue during a session. All toys used in play therapy are chosen deliberately and with intention.

Play therapy is a way of “being” with the child and meeting them where they are. It is a chance for the roles to switch, and for the adult to get on the child's level. Play therapy can be used to address a wide range of issues/

concerns, including grief and loss, behavioral issues, anxiety, depression, trauma, etc.

An example of something that might occur during a play therapy session is a young client will “cook” for the therapist using various toys (e.g., play dishes, groceries, etc.). This might be the client's way of playing out/showing the therapist how the family dynamics have shifted in the household since the death of a loved one.

Play therapy allows us to give children a voice during a time when they might feel lost, confused, or scared.

**Marina Bottiglieri, LPC Associate**  
Supervised by Elizabeth Kjellstrand  
Hartwig, PhD, LMFT-S, LPC-S, RPT-S  
*School-Based Program Counselor*

## SAVE THE DATE!

### TOUR OF THE HEART

First Friday of Every Month  
11am - Noon

*FREE to Attend*

Visit [give.cbct.org/touroftheheart](http://give.cbct.org/touroftheheart) to RSVP!

### HEARTS IN HARMONY GALA

Wednesday, May 11, 2022  
6 - 10 p.m.

[give.cbct.org/gala](http://give.cbct.org/gala)

### 25TH ANNIVERSARY LUNCHEON

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

### NATIONAL CHILDREN'S GRIEF AWARENESS MONTH

November 2022

*Join us to raise awareness and wear BLUE to show your support!*

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



We are proud to be a United Way Partner Agency

## Leave a Lasting Legacy & Create a Brighter Future

*It's Easy. Your Legacy Can Begin Today!*

Visit [cbctlegacy.org](http://cbctlegacy.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.



**MONARCH SOCIETY**  
A LEGACY CIRCLE OF THE CHILDREN'S BEREAVEMENT CENTER

For additional information, please contact Kristina Hernandez, Development Director at [khernandez@cbct.org](mailto:khernandez@cbct.org)