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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!

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.
**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

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**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 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**

**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 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*

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**COUNSELOR’S CORNER >> >> >>**

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.

**TOUR OF THE HEART**

First Friday of Every Month
11am - Noon
FREE to Attend
Visit give.cbcst.org/touroftheheart to RSVP!

**HEARTS IN HARMONY GALA**

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

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**United Way**

We are proud to be a United Way Partner Agency

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**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.

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**For additional information, please contact Kristina Hernandez,**

Development Director at khernandez@cbcst.org

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