

heart strings

FALL ISSUE • 2023

heart strings

FALL ISSUE • 2023

FALL ISSUE • 2023

- In This ISSUE**
- ▶ **UVALDE DEDICATION CEREMONY**
A Journey to Healing and Recovery
 - ▶ **BOARD LETTER**
From Frances Gonzalez
 - ▶ **SCHOOL-BASED THERAPY**
Enhancing the Success of Group Therapy
 - ▶ **BABIES AT THE CENTER**
The CBCST Family is Growing
 - ▶ **A VERY SPECIAL THANK YOU - To Eddie Shaw**

Save THE Date

- ▶ **Tour Of The Heart**
First Friday of every month; Register at:
give.cbcst.org/touroftheheart
- ▶ **Children's Grief Awareness Day**
November 16
Wear blue to help raise awareness for children's grief.
- ▶ **Teddy Bear Brunch**
Sunday, November 5 | 10am-2pm
Reservations should be made in advance by calling Signature restaurant at (210) 247-0176
- ▶ **Holiday Tree Lighting**
At La Cantera Resort & Spa
Thursday, November 30 | 7pm
La Cantera Resort & Spa
Tickets sold in advance directly through La Cantera
- ▶ **Grinch Brunch**
Saturday, December 2 | 10am-2pm
Sweetfire Kitchen at La Cantera Resort & Spa
- ▶ **Hearts In Harmony**
February 21, 2024
Mays Family Center at the Witte Museum



A DEDICATED SPACE FOR *Healing in Uvalde*

On June 29th, we held a dedication ceremony for our newly renovated counseling center in Uvalde. This touching event comes just one year after the tragedy at Robb Elementary, emphasizing the need for healing spaces for the entire community.

The ceremony, attended by our community of supporters, local officials, and families, marked a pivotal moment in the healing process. Most importantly, it signified our commitment to serve even more individuals needing our grief support services.



Our team of licensed professional counselors continues to provide vital support to those coping with the trauma and loss they carry after the events on May 24th. This expanded facility offers modern therapy rooms, communal areas, and a peaceful garden for reflection, all promoting healing and resilience.

This dedication isn't just about a building; it's a promise to the Uvalde community. We have committed to continuing our essential work - providing counseling and support to children and families on their journey to healing and recovery.

We would like to thank St. Philip's Episcopal Church for access to the original building and Randy Smith and Katherine Fontenot of Weston Urban along with the team at Rogers-O'Brien, who helped spearhead this special project. So much love went into piecing this building together, and we are grateful for every hand that went into creating this space filled with love.

Board of Directors

Frances Gonzalez- Chair
 Lauren Ferrero - Immediate Past Chair
 Candace Tottenham - Vice Chair
 Yonnie Blanchette - Secretary
 Cecilia Velasquez- Treasurer
 Elizabeth Bowhay-Carnes, MD
 Tom Coyle
 Dana Deaton
 Mary Ullmann Japhet
 Lillian Jones, MD
 Jimmie Keenan
 Manda Kelley
 Scotty Macdaniel
 Sonia Montero Poyo
 Chris Rulon
 Eric Shipp
 Ryan Sullivan
 Jenny Trefzer
 Debra Weems

Advisory Board

F. Michael Wood & Jodi Wood - Chairmen
 Janie & James Worth - Vice Chairmen
 Margaret Berton, Ph.D.
 Patricia Bose
 Carolyn Brown
 Laura Nell & Trace Burton
 Sallie & Barry Chasnoff
 Linda Fugit
 Susan & Bill Galbreath
 Julianna Hawn Holt
 Ann & Andrew Himoff
 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
 Trey Rabke
 Sally & Robert Sohn
 Eliza Sonneland
 Pam & Dave Thomas
 Barbara Wood
 Mervie Wood

Friends of the CBCST Board

Meredith Michelson, President
 Lyn Akhil
 Jennifer Anderson
 Ashley Brownlee
 Paige Cadwallader
 Mary Collis
 Jennifer Cooney
 Libby Crawford
 Emily Cruthirds
 Gretchen Cruthirds
 Kristi Cruthirds
 Abby Davis
 Claire Foehrkolb
 Ashley Friedman
 Courtney Gerken
 Kelley Gianis
 Katie Griffiths
 Ann Guerrero
 Adrienne Guido
 Kendall Haby
 Sara Hanback
 Sara Holliday
 McQueen Johnson
 Jane Jordan
 Lindsay Koplow
 Brooke Leddy
 Kourtney Little
 Scotty Macdaniel
 Katie McCall
 Caroline McSween
 Allison Mills
 Kassi Mlcak
 Emily Murdock
 Paige Naugher
 Ale Newton
 Shannah Oncken
 Lauren Pepping
 Whitney Pigg
 Eva Reza-Holliday
 Zoe Reilly
 Cassie Smith
 Megan Specht
 Ali Stone
 Christina Thompson
 Katherine Trimble
 Cates Vanham
 Elizabeth Vita
 Sybil Westmoreland
 Amelia Williams
 Jordan Williams

Board Letter, FRANCES GONZALEZ

Dear Friends of the Children's Bereavement Center of South Texas,

As the newly appointed Board Chair, I am thrilled to continue to support the growth of the Children's Bereavement Center of South Texas. I have witnessed firsthand how the Center's hardworking staff provides comfort and care to the thousands of grieving children that come through our doors and I, along with my fellow board members, are honored to be a part of their journey to healing.

It was at our most recent building dedication in Uvalde that I was reminded how important the Center's services are to every family seeking help. When someone close to us dies, it is a loss that no one can ever quite prepare for. The Center is here and ready to bring care, support, and relief to families facing unimaginable changes in their lives.

Now more than ever, the Center is looking forward to the future. The need for services is growing, and we are prepared to meet that demand with open arms and renewed commitment. Our mission is clear: to provide a haven for children and families in a safe environment so they can navigate the challenging journey of grief.



As we look toward the new year, I am filled with optimism. We have an incredible team of dedicated staff and counselors, beautiful and welcoming facilities, and the unwavering support of our communities. Together, we can make a profound difference in the lives of those who need us most.

The Board's optimism is balanced with an understanding that the road ahead will require hard work, dedication, and resources. We depend on the generosity of our San Antonio community and surrounding areas

to continue our mission effectively. Your support, whether through volunteering, donations, or spreading the word about our services, is critical to our success.

I firmly believe that, with your financial and loving support and our collective determination, we can provide even more children and families with the connection and healing they deserve. Together, we will build a brighter future for our communities, one filled with healing, hope, and resilience.

Thank you for being part of this incredible journey. I look forward to working alongside each one of you as we make a lasting impact on the lives of those we serve.

With Hope and Gratitude,

Frances A. Gonzalez

Frances Gonzalez

Tour OF THE Heart

FIRST FRIDAY OF EVERY MONTH
 11AM - 12PM

THE CHILDREN'S BEREAVEMENT CENTER OF SOUTH TEXAS

205 WEST OLMOS DRIVE



School-Based APPROACH

The Children's Bereavement Center's school-based program therapists have diligently offered bereavement counseling services to students across multiple districts, including Northside ISD, San Antonio ISD, Judson ISD, South San ISD, and Harlandale ISD. This dedicated team has meticulously developed curriculum materials and refined therapeutic activities to enhance the efficacy of group interactions.

Our school-based team's efforts have also extended beyond direct counseling. Team members have conducted informative training sessions for school staff from various districts, equipping them with the knowledge to recognize grief-related symptoms in children and teenagers while empowering them with effective strategies for support within a school environment.

Notably, our school-based program therapists are passionately dedicated to extending their services to students who may face barriers in accessing our main center. This commitment underscores our mission to provide comprehensive care and assistance to children in school settings, ensuring that every child has an opportunity to succeed despite the grief they carry.



New Photo Coming



Valorie Shaw

Thank You Eddie!

Special thanks to Eddie Shaw for the thoughtful donation of bunnies to our Center! Eddie's late wife Valorie Shaw loved the stuffed animals donated from her beloved gift shop "bric brac n' brass" - the happiest little shop in Texas.

Babies AT THE CENTER

Amidst the healing and growth at the Center, we've been blessed with a BABY BOOM, and our hearts are overflowing with joy. Many of our lovely staff have welcomed beautiful bundles of joy into their lives and have lovingly shared them with our entire team! We are also happy to share that a new baby has recently been added to the bunch in September, and another staff member is due in January - so many beautiful babies! These sweet new arrivals are like a gentle breeze of hope and happiness, reminding us of the beauty of renewed life, resilience, and the promise of a brighter tomorrow.



Annual Report DONOR SHOUT-OUT!

Oops! We're acknowledging a slight hiccup in our 2023 Annual Report. Three of our wonderful donors seemed to be left off the donor list. While they may have momentarily escaped the spotlight, their support means the world to us!

- Janie & Jim Worth
- TND Family Foundation
- HB Family Foundation



LEAVE A Lasting Legacy

AND SUPPORT A GRIEVING CHILD TODAY!

cbcstlegacy.org

MONARCH SOCIETY

A LEGACY CIRCLE OF THE CHILDREN'S BEREAVEMENT CENTER