



The WARM Way



A Publication for the Families and Friends of The WARM Place | Where Grieving Children and their Families Find Hope | Fall 2017

What About Getting Grief Right

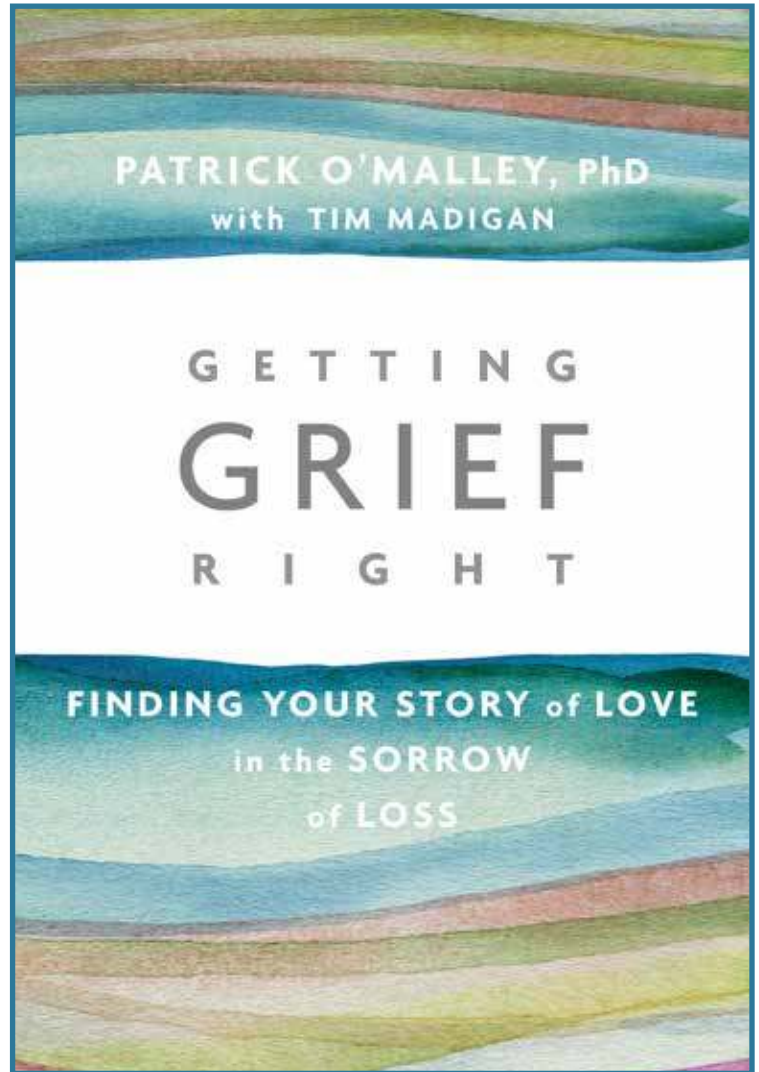
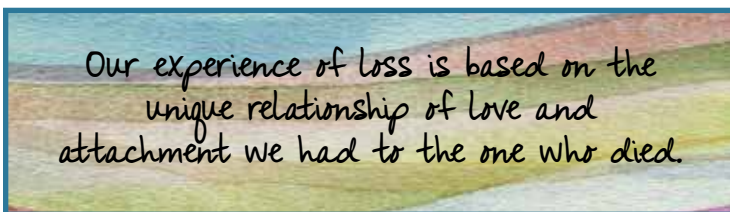
By Shirley Bowen, Executive Director

When families experience a death loss, they often find themselves in a state of chaos and confusion as their world has been turned upside down. The pain of losing a loved one has them searching for a cure or a treatment so that things can “get back to normal.” The adults that come to The WARM Place are many times focused on how their children are grieving or not grieving. They may have concerns because one child is not talking or crying at all, while another child is crying all the time. They want to know what is normal, how should they be grieving as a family, and how long will they feel this way?



Dr. Patrick O'Malley, a local psychotherapist specializing in grief, has been involved with The WARM Place since the very beginning. As a member of our advisory board, Dr. O'Malley created the curriculum for our first facilitator training and for 20 years, selflessly shared his time and wisdom with our new facilitators as they learned how to become effective companions to grieving children. We are so grateful to Dr. O'Malley for the many hours that he devoted to equipping our volunteer facilitators with the knowledge and skills to empathize with and encourage the children on their grief journey.

Dr. O'Malley, along with author Tim Madigan, has co-authored a wonderful book entitled *Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss*. For over 35 years Dr. O'Malley has helped many clients get their grief right, which means whatever is right for each individual person. Dr. O'Malley emphasizes that we all grieve differently and there is no universal “right” or “wrong” way to grieve.



“Getting Grief Right: Finding Your Story of Love in the Sorrow of Loss” pictured above is now available online and wherever books are sold.

Having worked with many clients who were grieving, including his own personal experience with the death of his infant son, Dr. O'Malley came to the realization that allowing folks to tell their story over and over in a safe environment and free from judgment was paramount to their healing. As he listened with empathy to detailed accounts of their living and dying moments, he witnessed the shedding of shame and tears of love, allowing them to accept the feelings of love and sorrow into the tapestry of their lives.

Dr. O'Malley's book includes a study guide for groups or individuals and is a must-read for anyone who is struggling with their own grief or providing support to others who are grieving.



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Save the Date

September

Young Adult Group

September: 12, 19, 26

Preschool Group

September: 13, 20, 27

North Texas Giving Day

September 14

October

Young Adult Group

October: 3, 10, 17, 24, 31

Preschool Group

October: 4, 11, 18, 25

A Cool Night at the Cantina

benefiting The WARM Place

October 14

For more information on these events
please visit thewarmplace.org/events

November

Preschool Group

November: 1, 8, 15

Race 2 Remember Them Registration Opens

November 15

Children's Grief Awareness Day

November 16

Family Night

November 17

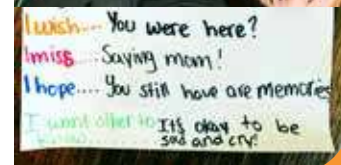
No Groups

November 20-24

December

No Groups

December 25 - January 5



How did The WARM Place help you?

The following message was written on a closure survey from a parent that attended our sibling loss group night.

"You can feel so isolated and lost after a death of someone so close, so just being able to be near other people in similar situations gives you comfort and some peace. It helps you to see that what you are feeling is OK no matter where you are in your grief journey, whether it be one month, one year, or ten years, what you are feeling is OK. Being able to express your feelings and know that other people are truly listening helps."

Knowledge is Power

Newly updated resources now available at thewarmplace.org

It is important that grieving families have the most up-to-date information about how to communicate with their children about death loss and grief. We recently updated and expanded our Online Resource pages to include the following topics:

- @ How Children Grieve
- @ How Teens Grieve
- @ How to Talk to Children About Death
- @ How to Talk to Children About Suicide
- @ Including Children in Memorial Events
- @ Grief Information for School Professionals
- @ Recommended Reading

All of our resource pages are easily printable so they can be shared with others. We also updated and expanded our list of Recommended Reading for grievers ages two to adult.



By Lisa Nichols, M.A., LPC-S
Program Director



10 Things Grieving Children Want you to Know

1. Tell us the truth.
2. Reassure us someone will be there to care for us.
3. Our grief is life-long and it will change over time.
4. We express our grief more through our play than our words.
5. We feel alone and different from the other kids at school.
6. Most of us want to talk about our loved one and hear stories of their life.
7. All children grieve differently.
8. We often blame ourselves for the death.
9. Our intense grief emotions often look like we're acting out on purpose.
10. If you're not sure what we need, you can ask us.



The WARM Place®
Grief Support Center for Children

For more resources visit thewarmplace.org and follow us online!





Save the Date!
Saturday March 3, 2018
10K | 5K | 1 Mile Fun Run

Registration Opens November 15, 2017
thewarmplace.org/r2rt



Summer Symposium Recap

We had quite a fun summer transforming The WARM Place into a training symposium for three Fridays! We hosted over 60 school counselors, teachers, and administrators from all over DFW and taught them tools to help their grieving students.



Symposium participants were first welcomed by Executive Director, Shirley Bowen. They learned about the most common myths of grief and what grief looks like in children grades K-12 from Program Director, Lisa Nichols. They participated in discussion groups facilitated by Counselor, Gina Brown that included many hot topics such as: when a student dies by suicide, preparing the school for the return of a grieving student, and following school protocols when grieving students are bullied. Then, they got their hands messy and practiced several creative activities that were carefully planned and demonstrated by Counselor, Teresa Bartnicki. Everyone at The WARM Place contributed to the success of the Symposium, including our TWU Counseling Intern, Rachel Enloe.

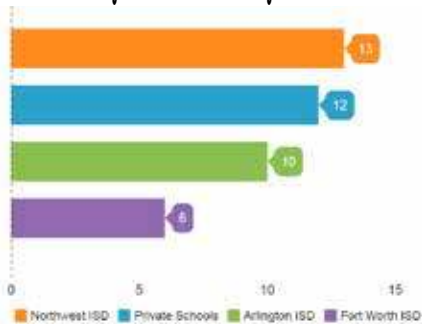


Last year, we provided grief support services to over 1,600 children and their families. That means we have a lot of insight into what grieving children need in their classrooms. Children spend the majority of their days at school, surrounded by adults who have the opportunity to support them, peers who may unintentionally say hurtful things, and a myriad of grief triggers that interrupt their ability to concentrate and perform to their best ability. Therefore it's critical to share what we know about grief with school teachers, counselors, and administrators across DFW. We want to thank all the amazing professionals who took time out of their summer vacation to visit us, learn how to best support their students, and experience the magical healing that occurs at The WARM Place. We know together we can help heal the hearts of grieving children all over DFW!

Who attended?



Top Districts Represented



By Lisa Nichols, M.A., LPC-S Program Director

Volunteer SPOTLIGHT

Renee Yingling, Houseparent Volunteer, S&D I

What is your occupation?

I am an Executive Assistant and HR Manager for ProSource Wholesale where I just celebrated my 18 year work anniversary! I am also a wife, mom and NaeNae (grandma) which is the BEST job of all!

What brought you to TWP as a volunteer?

I have always loved Dr. Richardson and all the wonderful things he does for children. He has been a HUGE part of my family as the pediatrician for me, my siblings, and my children as well. So when I found myself with some extra time I decided I wanted to volunteer at The WARM Place. It was the best decision!

How long have you been volunteering with The WARM Place?

I started volunteering in October 2012, so almost 5 years!

What is your favorite thing about volunteering with The WARM Place?

I love volunteering with such an amazing staff, group of facilitators and my awesome house parent TEAM! I love being able to help out in any way I can. It is also so nice to watch the families come together for dinner and see them interact as a family!

What was your favorite activity/hobby as a child?

As a child I enjoyed dancing and spending Sundays with our huge family at my great grandparents lake house on Eagle Mountain Lake!



Renee Yingling (right) with her husband, Brice Yingling.



Please join us for

A COOL NIGHT at the Cantina

benefiting children at The WARM Place

 October 14th 
River Crest Country Club

Tickets and Tables Available Now

Individual tickets at \$125 each • Sponsorships start at \$500
thewarmplace.org/coolnight



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FOUNDATION



Rosalyn G. Rosenthal
John & Marsha Kleinheinz
Mr. & Mrs. D. Russ Brown
Pete & Katherine Giuliani



You're The Best

A+

Awesome

Best

Compassionate

WAR^M Place donors get an A+ in our book for their generosity, which allows us to offer our services at no cost to the families we serve. Contributions of all sizes from individuals, businesses, and foundations in our community, as well as numerous in kind donations, ensure no WAR^M Place child will ever have to grieve alone.

Thank you to ALL of our donors for providing hope and healing to children and their families who are grieving the death of someone they love.



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Think Green! Make sure we have your email address so you can receive our e-newsletters. Subscribe at thewarmplace.org

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Our Wish List!

- Paper Towels
- Forever Postage Stamps
- Heavy White Cardstock
- Play-Doh
- 24 Gallon Tea Bags
- Printer Paper
- Dinner Napkins

Visit thewarmplace.org/wishlist for a complete list of our needs.



Where grieving children and their families find hope

You can make a difference in the life of a grieving child.

Save the Date to **DONATE**

NORTH TEXAS GIVING DAY .ORG
9.14.17
powered by COMMUNITIES FOUNDATION of TEXAS

This year EVERY donation made to The WARM Place® Great Support Center for Children through NorthTexasGivingDay.org will be multiplied!
New this year-you can schedule your gift between 9/7 and 9/13!

#NTxGivingDay



The WARM Place®

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