



The WARM Way

A Publication for the Families and Friends of The WARM Place

FALL 2020

Comfort and Connection:

The Posey Family's Journey Toward Healing | By Brooke Bailey



Jennifer, Bradley, Lucas, and Sam Posey

Unthinkable tragedies often bring families like the Poseys to The WARM Place. On June 30, 2019, Brian Posey, father of three, died from a heart attack, which resulted in a car accident. Brian's wife, Jennifer, was driving home with their three children, Bradley (8), Lucas (8), and Sam (5), after spending a relaxing family day at Hawaiian Falls. Brian left the family gathering early, after not feeling well. When Jennifer and her boys turned onto the street heading into their neighborhood, they immediately recognized Brian's car, which had crashed into their neighbor's fence. Thankfully, no one else was injured, but the aftermath of that crash was a devastating and life-altering event for Jennifer and her children.

After Brian's death, several friends suggested to Jennifer that they attend The WARM Place. Jennifer decided to make the initial appointment after hearing stories of how the program had helped other families. "We instantly knew it was a place

we would be understood and would help us deal with the big feelings we were all having while honoring and remembering everything we loved about Brian," said Jennifer.

Jennifer has seen a change in her two oldest boys currently attending The WARM Place since their first group night in September of 2019. "My boys look forward to going to the WARM Place so much. When we leave at the end of the night, it's as if there's been a weight lifted off them. When they are sad or missing their daddy, they almost always ask, 'When do we get to go to The WARM Place?' At the potluck dinners I love seeing them chat with the friends they've made in their group. You can tell that it's genuine connections they've formed, and I love seeing them so happy and light. One of my sons was really bottling up his feelings and then occasionally 'exploding.' Since going to The WARM Place, he's become more comfortable with his sadness and shares it more freely and in a healthier way. I'm so grateful for that," she said.

From the time the COVID-19 pandemic went into full swing and in-person groups at The WARM Place took a pause, the Poseys have missed coming into The WARM Place and seeing their friends and volunteers. Jennifer says it's been one of the hardest changes for her boys. However, the Curbside Activity Pickups and the Drive-Thru Family Nights have helped tide them over and provide some relief. "Just doing the drive-by events has been so great for them. They love seeing Jade and look forward to the bag of goodies to take home. In doing the activities...we take time out together to disconnect from everything going on around us and really have fun and chat," said Jennifer.

When asked what she would say to other families who have lost a loved one and are considering attending The WARM Place, Jennifer says, "Make the appointment today. The connections you and your children will make will help in ways I can't even describe. The groups are so eye opening as we all come from such different backgrounds, but no matter how different someone's story is, you always find some emotions you can relate to."

"Grief isn't something that's talked about, and it's not something people think about until they're thrown into it. It's one of the most traumatic and shocking experiences imaginable, and having a place for your kids to feel like they're not alone in it is invaluable."



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Grief Support Center for Children

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A NOTE FROM SHELLEY

Executive Director

So much has happened in our world since our last newsletter was published. Here at The WARM Place, we have felt it. This is truly an unprecedented time we are all experiencing and trying to navigate. Even in the darkest times, our mission remains. We've had to find creative ways to serve our families, raise money, and even find hope. Our staff remains dedicated to serving grieving families in our community, and not even a pandemic can stop that mission. We have learned a lot and let the needs of our families help guide our decisions and adapt our services.



Over the summer we began offering drive-thru programming for our Family Nights and one of the families that attended sent us this note afterwards: "Please send our appreciation to the folks that donated their time and goodies as they too were great. We miss The WARM Place more than words can say, but even just driving by made things better for a few minutes." Words like these remind me of how critical our work is during this time. I speak on behalf of the staff and volunteers that seeing our families, although it may be brief at these events, has filled our hearts as we long to open our doors for in-person groups as soon as we can. So even though some of our events have been cancelled and our in-person groups have been postponed, hope isn't cancelled and grief doesn't pause. With this in mind, we continue to find new ways to meet the needs of the families in our community and are so grateful to have the opportunity to serve them.

From the bottom of my heart, thank you to our donors, volunteers, and families who make The WARM Place possible.

Shelley Bettis, Executive Director

SAVE THE DATE • THEWARMPLACE.ORG/EVENTS

October 8, 2020

"GRIEF TALK" WEBINAR

The WARM Place presents its first ever webinar!



This presentation is designed for school professionals who want to learn how to support grieving children. Registration opens September 8.

2



November 19, 2020

CHILDREN'S GRIEF AWARENESS DAY

This day is designed to help us all become more aware of the needs of grieving children — and of the benefits they obtain through the support of others.

Sept 25, Oct 30, Dec 4

DRIVE-THRU FAMILY NIGHTS

WARM Place families are invited to join us for activities and games right from the seats of their cars!



COUNSELOR'S CORNER

Finding Resilience in Uncontrollable Circumstances

By Gina Brown, M.S., LPC, WARM Place Group Director

The ability to build resilience is a very important part of a person's emotional health. The American Psychological Association defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy or significant sources of stress." Finding resilience within yourself helps in recovery from a setback and enhances well-being. It may even help you feel more confident and less overwhelmed.



As we certainly have been reminded lately, things change. Whether it is coping with the loss of a job, adjusting to a new environment, feeling the stress of isolation and uncertainty, or grieving a death, resiliency allows you to be flexible, to face a problem and build strength little by little.

Psychologists say resilience is learned, built, and something you can improve on over time. It does not mean you will be free from adversity, disappointments, or negative emotions. However, it does mean that with work, you may be able to see situations a little more clearly and manage your reactions to things that may be out of your control.

We cannot always control our stresses and life events, but it is important we build resilience and trust so we can face them. Here are some coping tools that may help foster resilience:



BUILD ON YOUR CONNECTIONS:

Amid depression, isolation, or loneliness, we can seek out meaningful relationships that fill us up and not tear us down. Finding ways to connect as a family is essential for building resilience, even if it is just a short conversation to share a feeling, concern, or happy thought.

FOCUS ON YOUR STRENGTHS:

Take time to identify and recognize your strengths and attributes. So much of the time we concentrate on our failures and our weaknesses. Ask yourself: What are my strengths? What do I do well? What have I learned and overcome?

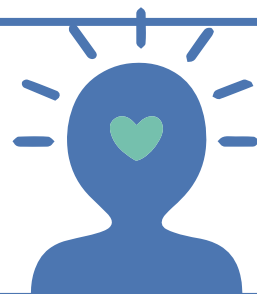


FIND MEANINGFUL ACTIVITIES:

Engage in activities that provide meaning in your life. Look for activities that bring you joy or creativity and give you opportunities to spend quality time as a family and feel good. We often feel guilty for engaging in these activities, but in fact these activities can help you feel more empowered and capable.

PRACTICE SELF-CARE:

How well do you take care of yourself? Making time to recharge can help improve your outlook and lower stress levels, as well as promote physical and emotional health. Whether that looks like eating right, getting more sleep, letting go of unhealthy habits or just shutting your eyes and breathing, you will benefit from showing yourself a little love.





The WARM Place hosted its first virtual race this year! Participants were able to complete the 10K, 5K, or 1 Mile at their own convenience between August 1-15th. Many runners hit the trails, treadmill, and neighborhood block as they remembered their loved ones.



643

PARTICIPANTS

FROM
**4 COUNTRIES,
6 STATES &
83 CITIES**

15

WARM PLACE
WARRIORS
(RAISED \$250+)



63

TEAMS

OVER \$47,000 RAISED!



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VOLUNTEER SPOTLIGHT

What is your occupation?

I have been a Cardiovascular ICU nurse for 5 years. I have a passion for helping people and nursing has definitely been my calling.

What brought you to TWP as a volunteer?

I started as a volunteer at The WARM Place 6 years ago. At the time I was working on my degree at TCU where I majored in nursing and psychology. I had been looking for some volunteer activities to build my resume, but I hadn't had much luck with finding the right opportunity. I happened to see a flyer about The WARM Place and decided to give it a try! I had recently lost my grandpa to cancer so it felt like perfect timing and the perfect opportunity.

What is your favorite thing about volunteering?

The connections you make with the kids as well as the other volunteers. I generally volunteer in the children's group and I love having conversations with them during the activities and learning about who they are as people. Whether it's a light or deep conversation, being able to relate to them and help them navigate their grief journey in a healthy way is so important. I also can't stress enough the importance of the connections that are made between volunteers. It's a second family and group I know I can share with and lean on for support.

What would you tell someone who is thinking about getting involved at TWP?

If you are thinking about volunteering with The WARM Place, do it! A lot of people have mentioned that my volunteer work sounds really sad, but that couldn't be further from the truth. We have sad times, but we have a lot of fun times too! I would say make sure you are able to make a consistent commitment because that's what's best for the children. If you're still on the fence, schedule a tour and learn more from our wonderful staff members, or reach out to a current volunteer. Once you get us talking about The WARM Place, you'll have to tell us to stop!



Miranda Peterson

GRATEFUL FOR THEIR GUIDANCE



Joe Greenhill

JOE GREENHILL, a Fort Worth native, has been a part of The WARM Place family since the time he was in middle school. His mother, Ann Greenhill, was a part of The WARM Place staff and often involved Joe and his two brothers in various WARM Place events. His favorite memories are from his time volunteering as a Santa for The WARM Place fundraiser, A Phone Call from Santa. *"Hearing the excitement—and sometimes skepticism—in the kids' voices was just wonderful."* Joe has also volunteered as a House Parent for one of our group nights and enjoyed interacting with many of our wonderful families.

Growing up with the organization, Joe had the privilege of meeting our Co-Founder, Peggy Bohme. *"Her passion for the organization has always been an inspiration to me."* In 2015, Joe joined the board of directors, in which he feels that *"being a small part of an organization that does such a critical, underappreciated, and magnificent service is unbelievably rewarding."* As he reflects on his 6 year term coming to a close, he also

shares his appreciation for his fellow board members—*"the folks on the board are some of the most wonderful people I've ever met and getting to know them and work with them to further the organization's goal is very rewarding."*

Also wrapping up a 6 year term on the board of directors, **LISA BROCK** reflects on her time serving in this role. Her journey with The WARM Place began when she met our other Co-Founder, Dr. John Richardson and his wife, Joan. *"Getting to know him and his passion for the children and how he started The WARM Place, I reflected back to the time I lost my mother and what a deep loss I felt for so many years. After talking to Dr. Richardson, I knew this cause was something I really wanted to be a part of."* She started volunteering about eight years ago with the Pre-K program and enjoyed seeing firsthand, the need and benefit of The WARM Place to not only the children, but the parents and guardians as well.

When Lisa is not spending time with her family or traveling, she is busy with her involvement at The WARM Place as well as other charitable organizations. What is most rewarding to her about serving on the board of directors is *"working together as a team to benefit The WARM Place."* She loves that *"everyone has such a loving and compassionate heart that really shows in the growth of the organization. It truly meets an unfilled need in the community."*



Lisa Brock

While this summer has looked different, The WARM Place has found ways to stay connected with families! Group Directors have been hosting in-person activity pick-ups that include age-appropriate activities for children and adults to complete as a family at home. Families receive monthly at-home activities by email as well. In addition, we have hosted two Drive-Thru Family Nights, one in May and one in July, and we are excited to host three more this year! Each Drive-Thru Family Night has its own theme, and families can pick up fun activities or join in on interactive games, right from the seat of their cars! We have enjoyed getting to connect with families in-person in a safe way this summer and look forward continuing to do so this fall!

OUR SUMMER AT THE WARM PLACE

"My kids have truly enjoyed the distance activities that have been provided by...the staff. It is a great opportunity for me to safely keep my kids interacting and engaged with others and for that I am so thankful!!!"

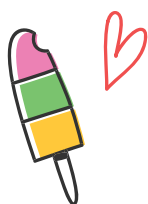
—WARM Place parent

"You guys are awesome! Thank you for taking the time to coordinate everything and still help the families...grief does not care that COVID is here, we still continue to grieve. Thank you for providing fun activities that we can grow, share and experience as a family!"—WARM Place parent



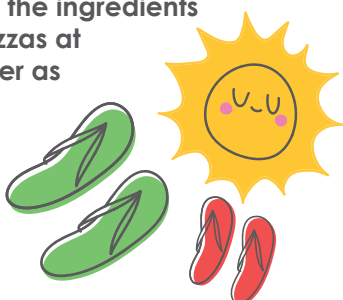
Families drive by The WARM Place to pick up group night activities to participate in at home.

This at-home activity with colorful crayons was a fun way to kick off summer!



Our first Drive-Thru Family Night in May was complete with take-home activities, Genghis Grill for dinner, and snow cones from Kona Ice!

We had so much fun at our July CAR-nival Family Night Drive-Thru! A variety of games were set up around the block, where plenty of prizes were won! Families enjoyed several yummy treats like ice pops, cotton candy, and popcorn! The last stop included a pizza kit from Black Cat Pizza, with all the ingredients to make 2 pizzas at home together as a family!



THANK YOU TO OUR GENEROUS DONORS!

We are thankful for the support of hundreds of individuals, businesses, and organizations within our community for making our mission possible. You have come through for grieving children when they needed you most this year.



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Donations are listed from 1/1/2020 – 8/20/2020.

Shelved until next year

A Cool Night
OUR NEXT CHAPTER



Benefiting Children
at The WARM Place

We look forward to starting

A New Chapter

with you next year!

Oct. 9 2021

River Crest Country Club

To be continued...



**NOW MORE
THAN EVER OUR
SERVICES ARE
NEEDED!**

Even though A Cool Night 2020 has been shelved, we still need and appreciate your support.

We aim to raise \$150,000 to continue helping grieving children in our community, so please donate if you are able.

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THEWARMPLACE.ORG/
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OUR WISH LIST

- Disinfecting wipes
- Hand sanitizer
- Disinfectant spray cleaner
- 8-count crayons
- Postage Forever Stamps

For our complete wish list, please visit
thewarmplace.org/wish-list

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