



The WARM Way

A Publication for the Families and Friends of The WARM Place

FALL 2021

PROVIDING SUPPORT BEYOND OUR WALLS

by Brooke Wilson

Did you know that over the past five years The WARM Place has reached over 9,600 individuals through tours, speeches, and outreach events? Often these groups include churches, mental health workers, and school professionals such as nurses, counselors, and teachers. These helping professionals pick up the phone and look to The WARM Place for advice as the expert on children's grief and bereavement. Whether it's how to handle the empty desk that now sits in a full classroom or how to best help a parent tell their child about a death, The WARM Place wants to be that resource in times of need.



We facilitate these outreach efforts through free trainings, presentations, in-person workshops, and more. In the fall of 2020, we started our webinar series called Grief Talk. Our program staff picks a topic for each webinar and shares helpful insight about how to best help children who are grieving. We have had over 250 individuals attend our first two webinars and look forward to continuing to expand that reach.

WARM Place Program Director Dana Minor MS, LPC says that "Often times, death and dying is a conversation that people shy away from. These presentations and dialogues we're having help people engage in more honest conversations about death, which helps both adults and children." Minor holds over 20 years of experience in counseling children and families, is trained in critical incident management, has served on school crisis response teams, and has provided hundreds of trainings for school districts and colleges across Texas.

"It is important to connect our community with the appropriate resources they need. For school staff especially, we want to provide tools to equip them when a child in their classroom has experienced a death loss. It is also equally important for the teachers themselves to learn how to manage their own self-care, so they can continue helping others," Minor says.

Recently Minor provided a grief and bereavement training for Jo Kelly School in Fort Worth ISD. The goal was to help the staff prepare for the new school year after experiencing loss within their community. "I felt like it was a great way to fill the buckets of staff before coming back to school. This last year was an incredible challenge and we experienced some losses (personal and school). It helped us in identifying where we were in our own processing and understanding where our families are in processing and how to help them along the way, especially past, present and even future families." - Amelia McMillen, Principal at Jo Kelly School in FWISD.

In Texas, it is estimated that 1 in 16 children will experience the death of a parent or sibling by the age of 18. That could mean at least one child in every classroom in Texas will be grieving the death of a parent or sibling (Childhood Bereavement Estimation Model, 2021). We may not have the ability to serve every single child who is grieving in North Texas due to the sheer number of children that are affected by grief. However, we can expand our reach and educate others who do have the opportunity to pour into these children in our community. It is important that we spread awareness of childhood bereavement, the impact it makes, and the resources that exist.

At the end of Minor's presentations, she asks participants to answer the following: What did you learn? What will you do? and What do you need? In her latest presentation one teacher responded: "I will now be a better support for people I know who are grieving."

"Often times, death and dying is a conversation that people shy away from. These presentations and dialogues we're having help people engage in more honest conversations about death, which helps both adults and children."



Dana Minor MS, LPC (middle) presenting at the "Grief and Loss Symposium"



A NOTE FROM SHELLEY

Executive Director



Am I the only one who cannot believe we are already ¾ of the way into 2021? This year has proven to continue to challenge us as a community, organization, and as individuals. At The WARM Place we have seen this year bring us many changes that have also brought new inspiration.

At the beginning of the year, we decided to host a new fundraiser, to provide a safe outdoor event and create donor engagement! So in the spring of 2021, our first golf tournament, The WARM Place Classic, was born! The results were amazing. Through our Classic Committee's dedication to this event, we exceeded our fundraising goal and raised over \$93,500 for children and families of The WARM Place! What was most impressive was the new involvement and engagement from this event. Over half of the participants were new WARM Place donors! We were thrilled to further our reach and grow our network of support for The WARM Place! It was such a success that we plan to host a second annual tournament in 2022!

We also identified the need to provide virtual grief support groups as an extension of our program services, so we were excited to begin offering this option to our families in March! This initiative required us as an agency to think outside of the box and has resulted in a new way to reach more families. We have had 251 individuals and 93 families enroll in our virtual program to share conversation, participate in activities, and help each other along their grief journeys.

With the steady demand for our services and expansion of our outreach efforts, our staff has also expanded! We have added two contract program staff to host our two virtual groups that meet bi-weekly. And as we head into the fall, we are excited to welcome our 4th Group Director, Kristina Miramontes! Kristina is a former WARM Place volunteer with over 10 years of counseling experience. She is fluent in Spanish and will bring so much to The WARM Place.

Although we continue to see challenges that propel the need for change, we are inspired by the growth that we have experienced here at The WARM Place, which has allowed us to improve the way we serve our families and ensure that no child grieves alone. Change can be intimidating, but also motivating. I am inspired by how our families, volunteers, and staff have adapted to these changes and continue to make The WARM Place an even better place.

Shelley Bettis, Executive Director

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SAVE THE DATE: UPCOMING EVENTS



October 9, 2021

A COOL NIGHT

November 5-7, 2021

CAMP REMEMBER ME

November 30, 2021

GIVING TUESDAY

October 22, 2021

OCTOBER FAMILY NIGHT

November 18, 2021

CHILDREN'S GRIEF
AWARENESS DAY

December 10, 2021

DECEMBER FAMILY NIGHT

COUNSELOR'S CORNER

Getting BACK Into the ROUTINE

This time of year brings a change in weather, return to school, and back to reality after summer vacations and a tax schedule. Changes occur often in life, but for grieving families, abrupt changes can be especially stressful. Here are some tips on smoothly and gently getting back into the routine or starting a new one:

By Alicia Franklin, LCSW, Group Director



CONTINUE DOING THINGS THAT MAKE YOU AND YOUR FAMILY HAPPY

This is a form of self-care! From daily walks to gardening to learning to cook, families have tons of options for fun activities to do together. If those things make you and your family happy and relieve some stress, I suggest continuing those so you have healthy and new coping skills to fall back on. Listening to your body and your mind and knowing how stress and change may affect you can save you later down the line. And remember, kids need self-care as much as adults. Going back to school, entering a new grade, or even starting a new school may cause stress for some kids. Find something fun to do as a family that will allow all of you to take a much-needed break. It doesn't have to cost anything. As long as you enjoy it, these activities can help!



GIVE YOURSELF SOME GRACE

Be patient with yourself, your family, and your children. Everyone will have to adjust in some way at any given point in time. Having to adjust causes stress for some yet is easy for others. If you are making changes to your routine, while also grieving the death of a loved one, be especially kind to yourself, go slow, and know that there will be good and bad days. You don't have to do what everyone else is doing. You know you better than anyone else, and that's important. Listen to your gut and go with what works best.



RE-EVALUATE AND ALTER IF NEEDED

We all know that routines can change. If something isn't working, re-evaluate those new routines and change them to what best suits you and your family. If waking up at a certain time is clearly not working for you and your family, give yourself and them an extra 30 minutes, if possible, by getting more done in the evenings to prepare for the next day, and use that extra 30 minutes for yourself. Call in reinforcements if needed. It's always okay to ask for help! Whatever the challenge may be, just know that evaluating how it affects you and making changes can be very beneficial.

While changes are inevitable, keep these tips in mind. As the year quickly comes to an end, you and your family may not have the same energy as you had at the beginning of the year. Your grief may seem heavier now and sometimes it may be too much to carry all at once. Listen to your gut and go with what works. Remember to be patient with yourself and your family. Better days are ahead.



Children's Grief

AWARENESS DAY

EDUCATE. EQUIP. HONOR.

NOVEMBER 18

CHILDREN'S GRIEF AWARENESS DAY is observed every third Thursday in November. This year, The WARM Place invites you to join us in recognizing children's grief all November long. Children's Grief Awareness Day and Month seeks to bring awareness to the impact of death in children's lives and the opportunity we have to provide support to these children.

According to the Childhood Bereavement Estimation Model, **1 IN 16 CHILDREN** in Texas will experience the death of a parent or sibling by age 18. This number more than doubles for youth who will be bereaved by age 25.

Research shows that children who experience grief are at an **INCREASED RISK** of disrupted development including decreased academic performance, mental health issues, and early mortality.

The WARM Place believes that **NO** child should ever have to grieve alone. This November, help us spread the word about children's bereavement and ways we can provide support! Together, we can help children know they are not alone, even amid grief.

Three ways you can help:

- 1 PLEDGE TO WEAR BLUE!** Blue is the color for Children's Grief Awareness, and we encourage everyone to show their support on November 18th by wearing blue. Invite your office, neighbors, families, and friends to wear blue and share your pictures with us and your social media network!
- 2 SHARE, SHARE, SHARE!** During the month of November, The WARM Place will be posting facts about children's bereavement and hosting important discussions. We need you to share our posts to spread awareness!
- 3 IGNITE HOPE!** Families of The WARM Place will be decorating luminary bags to spell out the word "hope." We invite community members to pick up supplies from TWP on the week of November 18th to create bags in memory of loved ones! You can place it in a window at home for your neighbors to see and help spread awareness!

We know that with your help, we can make a difference. Show your blue, share the love, and shine your light for children who are grieving this November.



**READY, SET, GO,
THE RACE 2 REMEMBER THEM IS BACK!
MARCH 5, 2022**

Acme Brick Company
3024 Acme Brick Plaza, Fort Worth, TX 76109

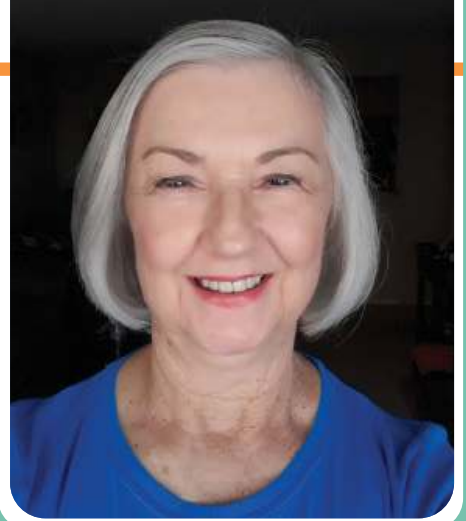
10K | 5K | 1 Mile Fun Run

Registration opens in November!
thewarmplace.org/r2rt



VOLUNTEER SPOTLIGHT

Meet Irene Nute, one of our dedicated WARM Place volunteers! Irene has served for over five years as a group facilitator for our bi-weekly and Pre-K groups. We asked Irene to tell us why she continues to give back to The WARM Place and why she encourages others to do so as well!



Irene Nute

1. Tell us about yourself - Where you live, family, friends, what you like to do for fun, etc.

After living in San Francisco for four years, I returned to Texas and settled in Benbrook. I like the location because it is very close to the Trinity Trails where I often do my three mile walk. Swing dancing and Zumba are also my favorite ways to exercise. Since being back in Texas, I get to visit with family which includes my daughter, two of my soon-to-be six granddaughters, and two of my six great-grandchildren. My son and other family members are scattered about, but I always look forward to traveling to visit them.

2. Who or what inspires you?

I am inspired by nature, music, and people. I like when I get the opportunity to facilitate with others, especially those who have been volunteering longer than I have. It gives me insight to try methods that might better serve WARM Place clients.

3. What brought you to TWP as a volunteer?

When I returned to Texas I was looking for volunteer opportunities, so I did an online search. The WARM Place was the first ad I saw, and it stated that training was beginning in one week. I immediately called, made an appointment for an interview, and began training the next week.

4. What is your favorite thing about volunteering with TWP?

I was surprised by the number of staff and volunteers that I already knew from working and volunteering at Camp El Tesoro. Every one of them possesses such kind, empathetic, and loyal personalities.

5. You have been a longtime volunteer with TWP! What motivates you to continue giving back?

By volunteering at The WARM Place I feel that I serve an important purpose. Many aspects of retired life are great, but one still needs to fill that desire to be needed and valuable.

6. You have been one of our dedicated Pre-K program volunteers! What do you enjoy about working with this group of children?

Pre-K is my calling and talent. Over the years, I have taught my peers, senior citizens, young adults with intellectual delays, and preschoolers. For me, I have found preschool children are the most fun, most loving, and most appreciative. It's not everybody's cup of tea, but it's where I feel the best.

7. Why do you think it's important to support the mission of TWP?

In 1977, my second child, who was severely handicapped, unexpectedly died in his sleep. He was 2½ and my daughter was 4½. Looking back, I now realize the importance of grief guidance for children. All these years later, I regret that my daughter's grief was completely ignored by everyone. That was quite a burden for a child to bear, and I hope that I can now help lessen that burden for other children.

8. What would you say to someone who is thinking about volunteering at TWP?

I proudly wear my WARM Place tshirts. Sometimes people will ask me about them. I take pride in telling them about the mission of The WARM Place and how it is NOT all gloom and doom. The WARM Place is a place of comfort, fun, sharing, sometimes crying, sometimes laughing, and healing.



Irene (far right) with our fall Pre-K group dressed up for Halloween!



On May 14, 2021, The WARM Place held its first annual golf tournament – The WARM Place Classic, Fore the Children! This new fundraiser was held at the beautiful Texas Rangers Golf Club in Arlington. With the support of our sponsors, donors, and players, over \$93,500 was raised for children attending The WARM Place!

The first WARM Place Classic included several crowd-pleaser competitions and prizes including straightest drive, closest to the pin, longest drive, putting contest, and a chance to win \$10,000 on Hole 15 for the hole-in-one! Players enjoyed lunch, participating in the raffle, and coming together for a great time, for a greater mission.



THIS TOURNAMENT WOULD NOT HAVE BEEN A SUCCESS WITHOUT OUR COMMITTEE!

Event Chairs:
Alyson and Chance Williams

Committee Members:
Rachel and Ford Hausser,
Lacey and Cullen Green,
Mason Green, Carolyn and Will Osborne,
Abby and Alex Reardon, Morgan and Peter Welch, Jennifer and Brian Roosth

“Thanks to the generous support of all our sponsors, players, donors, and committee members, the first annual golf tournament was truly a success! We’re so looking forward to next year, creating more amazing and fun memories, and we hope you’ll be there!” – Alyson Williams, Event Chair



SAVE THE DATE FOR OUR 2ND ANNUAL WARM PLACE CLASSIC!

We cannot wait to make year two bigger and better! We hope you will join us on the course!

Friday, May 13th, 2022
Texas Rangers Golf Club

Be on the lookout for more information to join our PAR-TEE!

Help us turn the page and begin a new chapter!

A Cool Night

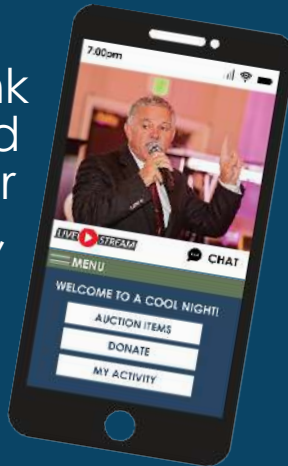
OUR NEXT CHAPTER



Benefiting Children
at The WARM Place

We look forward to hosting our annual fundraiser, **“A Cool Night – Our Next Chapter”** on **Saturday, October 9th**. A Cool Night is taking on a new plot twist this year as we offer a hybrid event for the first time ever! Whether you’re in the ballroom at **River Crest Country Club** or in the comfort of your home among friends, we invite you to join in on the fun and support the children at The WARM Place!

Virtual guests will receive a link to view our live program and watch the premiere of our impact video. And of course, all sponsors will be able to view all our noteworthy auction items and place bids on our mobile-friendly platform!



**THANK YOU TO OUR
2021 SPONSORS!**

[THE WARMPLACE.ORG/COOLNIGHT](https://www.thewarmplace.org/coolnight)



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Foundation

Virginia Hobbs Charitable Trust

Virginia Street Smith Charitable Fund at the
North Texas Community Foundation

Donations received from 1/1/2021 – 8/27/2021. 7

OUR WISH LIST

- Smooth River Rocks (medium)
- Water Colors
- Kleenex
- Play-Doh
- Postage Forever Stamps

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

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AT THEWARMPLACE.ORG


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CHILDREN AND THEIR
FAMILIES FIND **HOPE**

COMMUNITIES FOUNDATION of TEXAS

— NTX —
GIVING DAY

9.23.21 presented by 

**GET UP AND GIVE ON SEPTEMBER 23!
YOUR GIFT MATTERS!**

Not available on September 23?
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between September 1 and
September 22!

SCAN HERE!



The WARM Place®

Grief Support Center for Children

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