



8 tips to help you Hold Space for others

November 2016



Dear Friend,

Do you recall a person who made you feel safe during a difficult time or loss?

Recently, a Bridge of Hope staff member reflected on the resiliency of a woman in Bridge of Hope's program who lost her job because it was not a good fit for her skill set and because her child was sick. However, this single mom persevered in her goal of finding a job to sustain her family.

As this woman faced loss, her Bridge of Hope case manager and [mentoring friends](#) "held space" for her – offering support without judging her or trying to fix her problems.

In the article, [What it Really Means to Hold Space for Someone](#), Heather Plett shares about how a palliative care nurse held space for Heather and her siblings during the final days of their mother's life.

Heather says, "To truly support people in their own growth, transformation, [grief](#), etc., we can't do it by taking their power away (i.e. trying to fix their problems), shaming them (i.e. implying that they should know more than they do), or overwhelming them (i.e. giving them more information than they're ready for). We have to be prepared to step to the side so that they can make their own choices, offer them unconditional love and support, give gentle guidance when it's needed, and make them feel safe even when they make mistakes."

She outlines 8 tips to Help You [Hold Space](#) for Others:

- Give people permission to trust their own intuition and wisdom
- Give people only as much information as they can handle
- Don't take their power away

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Video: Denise shares about how she held space for a family facing homelessness by being a Bridge of Hope mentoring friend.

- Keep your own ego out of it
- Make them feel safe enough to fail
- Give guidance and help with humility and thoughtfulness
- Create a container for complex emotions, fear, trauma, etc.
- Allow them to make different decisions and to have different experiences than you would

Heather also notes that the hospice nurse likely had someone Holding Space for her as she did her difficult work. "It's virtually impossible to be a strong space holder unless we have others who will **hold space for us**. Even the strongest leaders, coaches, nurses, etc., need to know that there are some people with whom they can be vulnerable and weak without fear of being judged."

I am grateful for each person who holds space (via their [prayers](#), [gifts](#), and more) for Bridge of Hope staff, board members, and mentoring friends - as they [hold space](#) for families facing homelessness.

I'd love [to talk](#) about how your [church](#) or [agency](#) can hold space for a single mom and her children. And, I'd be [glad to hear](#) who is holding space for you during this holiday season.

What's New?

- For members of [Lutheran Services in America](#): Bekah Bowland, Bridge of Hope National's Program Consultation Specialist, will present a Children, Youth, and Family webinar. This webinar will explore how Bridge of Hope was led to an Innovation Process to improve our outcomes after exploring The Bassuk Center report, [Services Matter](#). Bekah will share our journey of reimagining and the 8 specific areas of service that are key in keeping families together and ending family homelessness. I invite LSA members to join the **webinar on Nov. 14 at 2:00 p.m. ET**.
- I invite you to join us during [National Hunger & Homelessness Awareness Week](#). Join our "[Virtual Week of Prayer](#)" on Facebook, download our [prayer calendar](#), or [let us know](#) if you'd like to receive a **brief email devotional** from Nov. 13-19 - written by pastors in the Bridge of Hope network.
- 2 of the contributors to the [Week of Prayer](#) devotional are [monthly donors](#). I invite you to **hold space** for families facing homelessness by becoming a [monthly donor](#).
- Mark your calendar: [#GivingTuesday](#) is **Nov. 29**. Your gift can make Christmas wishes come true for a child



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running belt - for yourself or as a gift!

Blessings,



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