

# Healing Hearts



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## A Note from Jennifer...

Bo's Place starts our new fiscal year each July. This past month has been one of new goals, renewed focus, new opportunities.

I discovered this thought years ago, but it's one I find I need to remind myself of often.

*What if one day, becomes day one?*

That's not just a thought for a new beginning. Or a once-a-year thought. What if we lived every day like day one of something? Day one of healing. Day one of a big idea. Day one of a re-energized mindset. Day one of realizing people before tasks. You get the picture.

What if each year becomes a year filled with **DAY ONES** instead of ONE DAY?

One of the things I continue to fall in love with here at Bo's Place is the community formed and the commitment to helping others. We see the day ones that happen in the lives of people who at one point could only imagine "one day."

We are focused more than ever on helping others discover **Day One** through the hope and healing they experience here at Bo's Place.

With Bright Hope for Tomorrow,

Jennifer Boubel  
Executive Director



## Back-to-School Tips for Supporting Grieving Students

The transition from summer into a new school year can spark a mix of emotions. Children and teens may feel excited, nervous, happy, scared, or stressed during

back-to-school time.

For those who are grieving a death, feelings may be amplified during big transitions such as the start of a new school year or attending a new school. Grief reminders may come and go, and feelings can arise unexpectedly, even many years after a death occurred.



Below are some tips and considerations to help support grieving students as they get settled back into the classroom:

- Practice coping skills. Stretching, deep breathing, journaling, meditation, and mindfulness exercises are great to practice at home and at school to help students regulate emotions.
- Designate a trusted person at school. Students will turn to someone they have a relationship with or trust; this may be a teacher, counselor, coach, office staff, etc.
- Maintain structure and routine. Continuing routines at school and home can help provide a sense of normalcy.
- Encourage social connections. School provides a chance to socialize with peers which may be comforting, especially for those who were feeling disconnected or lonely over the summer.
- Use inclusive language. As many students may be under the care of someone other than a parent, terms such as guardian, caregiver, or grown-up are more inclusive.
- Be clear about ways you can help. Offer only what you know you can follow through with. Examples may include daily or weekly check-ins, a listening ear, homework help or tutoring, and assistance with food or transportation.

For those who work in a school setting and would like to learn more about children's grief and how to support the bereaved, please join our upcoming online training, Good Grief for School Professionals, on Friday Sept 13th from 9am-12pm. Information and registration can be found below.

### Good Grief for School Professionals



## Volunteer Spotlight: Regina Johnson

Regina Johnson, a Human Resources professional, is a native Houstonian and loves to ski and snowboard.

She first got involved with Bo's Place after she saw an ad on Facebook. She shared that "It said no experience necessary, and we will train you, so I signed up." Regina attended training in 2018 and has been a volunteer ever since, providing over 220 volunteer hours in her six years. "This is the longest volunteer organization that I have been a part of, besides my church and my ski club."

Some other organizations she is a volunteer for include a nursing home in Spring Branch where she is an ombudsman (advocate to help settle complaints). Regina is "on the Board of Care Partners which serves people and their family members with dementia. I foster kittens with BARC and volunteer for a local shelter near my home."



At Bo's Place, Regina is a volunteer facilitator in the family groups, where she has facilitated both middle school and high school groups.

This summer, Regina has given extra time to Bo's Place by substituting for other support group facilitators and helping to complete projects during business hours. Some of the special projects she has helped with this summer include cataloging our program books, entering evaluation data into Survey Monkey, and stuffing adult group packets.

When she reflected on why Bo's Place, Regina shared it is "the very very best experience for grieving children. Not only are you helping others you are really taken care of and loved on as a volunteer."

Thank you, Regina, for all that you do for Bo's Place and the community!



## Bo's Place Family Night at Chicken N Pickle - August 21

Chicken N Pickle is hosting a Give Back Night, with 10% of proceeds benefitting Bo's Place.

Come out and visit with Bo's Place staff, join in the pickleball fun, and enjoy a great dinner! Your fun evening will become a gift to Bo's Place!

For more information, please download the print-friendly flyer below. We hope to see you there!

**Wednesday, August 21  
6-8 PM  
Chicken N Pickle  
210 Blue Heron Drive  
Webster, TX 77598**



[Download Flyer](#)



## Mark Your Calendar: 2025 Fundraising Events

Bo's Place is thrilled to announce our 2025 fundraising events:

### **Run for a Reason**

We are Houston 5K-Saturday, January 18, 2025  
Chevron Houston Marathon and Aramco Houston Half Marathon-Sunday, January 19, 2025  
Downtown Houston

Lace up your running or walking shoes and make your miles count by signing up with Team Bo's Place!



[Run for a Reason Information](#)

### **Hearts of Hope Dinner**

Thursday, January 30, 2025  
The Post Oak Hotel

Join us for a special evening as we celebrate 35 years of helping heal hearts! The evening will include hearing from a special guest speaker and honoring the recipient of the Robin Bush Award.

### **Hats, Hearts & Horseshoes: A Kentucky Derby Affair**

Saturday, May 3, 2025  
The Post Oak Hotel

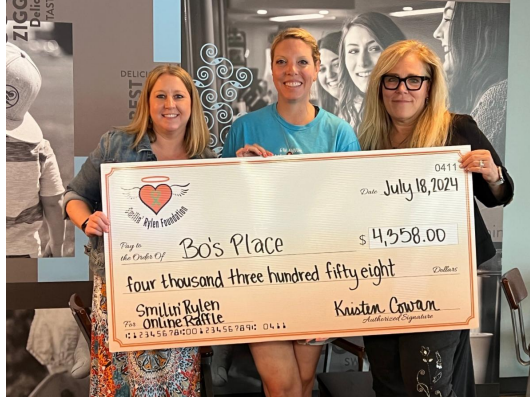
You don't want to miss the best Kentucky Derby party in town! Break out your Derby hats and seersucker and sip on a mint julep as you watch the most exciting two minutes in sports.

Save the dates for these exciting events, which help Bo's Place continue our mission and ensure that no one has to grieve alone.



## Happenings

On July 18, Jennifer Boubel, Executive Director, and Lori Bokone, School Program Manager, met with the **Smilin' Rylen Foundation** at Ziggi's Coffee in Katy, TX. Bo's Place is beyond grateful to be a beneficiary of the online raffle for the 7th Annual Smilin' Rylen Run. We value the continued support and compassion shown towards families of Bo's Place.



Dianne Baek and Lori Bokone, School Program Managers, represented Bo's Place at the **Spring Branch ISD Professional School Counselor Convocation** on July 24. Held at Memorial High School, Bo's Place was among several wonderful community mental health providers to share resources with school counselors who are preparing to support students this upcoming school year. Thank you, school counselors, for the excellent work you do!



Bo's Place welcomed our new **Volunteer Facilitator Training class** on July 26-27. A big thank you to our meal and snack partners: Fajita Pete's, Phoenicia Finer Foods, The National Charity League of Houston, Chick Fil A Medical Center, Salata Medical Center, and Girl Scout Troop 122327.



## Bo's Place Grief Support Services

At Bo's Place, we believe that grieving families heal when they share their experiences with each other. We offer free Grief Support Groups in English and Spanish to families and individuals.

If you or someone you know would like information about Bo's Place Grief Support Groups for children, families, and adults, click [here](#) or call 713.942.8339.

*Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.*



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