



Bo's Place

35th Anniversary

1990-2025

A Note from Jennifer...

Happy New Year!

The start of a new year is a time for celebration and thanksgiving, and this year feels especially meaningful. In 2025, we will be celebrating the 35th anniversary of Bo's Place! It is amazing to think about all the lives that have been touched over the past 35 years—the families who found comfort, the friendships that were built, and the hope that grew from sadness. None of it would have been possible without the big hearts and support of people like you. You are what creates the magic of Bo's Place.



As we look back and celebrate everything that has been accomplished, I am filled with excitement about the future. This year, we will be finding new ways to serve more people, extending the hope and healing of Bo's Place further than ever before. Bo's Place has always been about helping others, and together we will continue our mission today, tomorrow, and always.

I would love to see you and your friends at our Hearts of Hope dinner on January 30th. It will be a night to celebrate how far we have come and dream big about where we are going.

With Bright Hope for Tomorrow,



Jennifer Boubel
Executive Director



"Bo's Place has been instrumental in providing a space for my family and other families. The potluck dinners allowed families to commune and grow connections. Small group was an intimate safe space where friendships and connections formed. The activities were intentional and carefully crafted. My facilitator was calm and understanding. She affirmed and validated us all. Our small group provided encouragement and support for one another. Every week in this 9-week course was great. I was committed to following through each week because of the welcoming environment. I am thankful for Bo's Place!"

-Support Group Participant

Preparing for the New Year While Grieving

Fireworks, confetti, and an enthusiastic countdown to midnight. Sometimes ringing in a new year feels like a celebration. A fresh start, full of possibilities. And sometimes the start of a year is daunting; the thought of moving forward feeling nearly impossible. For those grieving a loss, it can be quite heavy, bearing the weight of hardships from months or years prior.



Whether ready and enthused for the new year or not, it's here. So now what?

This can be a time to highlight progress made and steps taken. Even the small ones. Recognize what you got through last year. And the small victories on any given day- getting out of bed, accomplishing tasks that had been put off for so long, trying something new, enjoying a walk, or time with others.

Explore methods to remember the deceased in meaningful and manageable ways. Talk, write, or draw about them. Light a candle in their honor. Have a moment of silence. Gather special items, photos, or keepsakes into a memory box that can be accessed as needed. Eat their favorite foods or listen to music they enjoyed. Allow yourself to feel what you feel when you think of them.

Give yourself permission to adjust routines. Perhaps there are some daily habits ready to be broken or new ones to be formed. If a year looks too far ahead, set intentions for the month, week, or day. Listen to your body. Eat when you need to eat and rest when you need to rest. Spend your energy wisely; it's valuable.

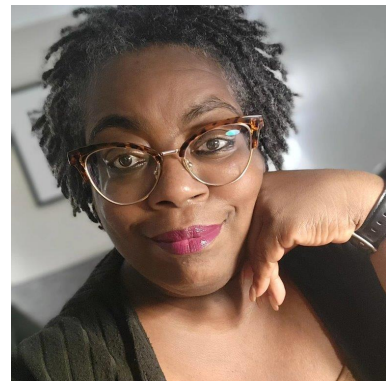
Know that you are not alone. There are many others out there who are struggling with what to say back when told "Happy New Year." Connecting with others who are grieving can bring validation, comfort, and hope.

Click below to learn more about grief support groups at Bo's Place or reach out by phone (713-942-8339) or email (info@bosplace.org) to learn more about grief support services in your area.

Our Grief Support Groups

Volunteer Spotlight: Damita Phillips

Bo's Place volunteer Damita Phillips is a Juvenile Probation Officer who is currently pursuing a master's degree in forensic psychology. In her free time, she enjoys reading, cooking, singing, and socializing with fellow members of the Red Hat Society.



Damita's journey with Bo's Place began when she attended as a participant after experiencing several consecutive deaths. She shared, "Bo's Place was the place I needed, not only to engage with others on dealing with a grieving teenager but to be able to share my feelings of being overwhelmed by my seemingly back-to-back death experiences. It was the first place I was able to be vulnerable and cry."

Desiring to give back, Damita became a facilitator in 2016, working with various age groups. In 2020, she transitioned to Zoom hosting for our adult-only daytime programs. Her technology assistance and ensuring that participants are assigned to small groups has been invaluable. Damita noted that Bo's Place "is a community where people sharing similar journeys of losing a loved one can come together and support each other without strings attached—no fear of judgment, other's opinions, or perceptions. You can share your grief journey unfettered and pick up tools to help you on that journey."

Thank you, Damita, for all that you have done and continue to do to support our grieving participants. If you're interested in learning more about volunteering, please email volunteer@bosplace.org.

Thank You to Holiday Meal Sponsors

Holidays can be particularly stressful for many of our participants. To help alleviate this stress, we aim to provide one meal for each group in November and December. This year, our donors have truly exceeded expectations by supplying meals for every in-person support group we had! We want to express our gratitude to all of our Holiday Meal Sponsors from November and December who helped make our participants' holiday season easier, more caring, and filled with delicious food!

- Bo's Place Board of Directors
- BoyarMiller
- Discount Tire Houston
- Eventellect
- Fred Marshall
- Jennifer Boubel and Friends
- LyondellBassell
- New York Life
- The Junior League of Houston, Inc.
- Anonymous



Upcoming Events

Sunday, January 19

Bo's Place HOOPLA Station at Houston Marathon

7:00am - 10:00am

[Learn More](#)

Thursday, January 30

Hearts of Hope Dinner

6:00pm - 9:00pm

[Learn More](#)

Friday, January 31

Good Grief for School Professionals

9:00am - 12:00pm

[Learn More](#)

Friday, February 28–Saturday, March 1

Volunteer Facilitator Training

Friday 5:00pm - 9:00pm; Saturday 9:00am - 5:00pm

[Learn More](#)

Recent Happenings



National Charity League
12.1.24



West U Teens
12.14.24



Staff Holiday Lunch
12.18.24



Staff Cookie Exchange
12.20.24

About Bo's Place

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.

Visit our Website



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



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