



Bo's Place

35th Anniversary

1990-2025

A Note from Jennifer...

I was thinking the other day—wouldn't it be nice if we could predict when change is coming? Every year on February 2, Punxsutawney Phil pops up to tell us if winter will drag on or if spring is around the corner. If only life worked that way—if we had a way to know exactly when change was coming.

Grief doesn't work like that. Some days feel like winter might last forever. But then—almost without noticing at first—something shifts. A little more light, a little more warmth, a small moment of hope.

At Bo's Place, we walk alongside those in grief, offering a space where hope can take root, in its own time, in its own way. No groundhog needed to predict that.



With Bright Hope for Tomorrow,

Jennifer Boubel
Executive Director



"Bo's Place is a great place to express your grief. My family really enjoyed the experience. It allowed us to speak freely in a safe space."

-Support Group Participant

Spring into a Break

Spring is around the corner. As the rodeo marches closer and schools prepare to take a pause, spring break time is a chance to take a collective deep breath and engage in some lighthearted doses of fun and relaxation.

For those who are grieving and experiencing elevated levels of stress, finding ways to release tension and embrace moments of joy can help regulate the mind and body, making way for healthy coping. But there's no one-size-fits-all solution to healing. The way we take care of ourselves changes over time and

what feels helpful can vary day by day. Having a well-stocked supply of ideas and strategies to regulate thoughts and feelings can help make life's challenges feel a little more manageable.

Here are some ideas and ways to take a break this spring. What others would you list?



Upcoming Events

Friday, March 7

The Ethics of Self Care: Caring for Ourselves to Care for Others

9:00am - 12:00pm

[Learn More](#)

Thursday, March 20

Live NACG Webcast – "Family Dynamics and Grief: Strategies for Supporting Young People Through Loss"

11:30am - 3:30pm

[Learn More](#)

Saturday, May 3

Hats, Hearts & Horseshoes: A Kentucky Derby Affair

5:00pm - 7:00pm

[Learn More](#)

New Grief Support Group Launching: Evening Adult Online Group

In April, Bo's Place is adding an evening option to our Online Adult Grief Support Groups schedule. This online group is for adults age 18 and above who have experienced the death of a significant person in their life.

[Learn More](#)

Hearts of Hope Dinner Celebrates 35 Years of Bo's Place

An uplifting night, with shared stories of grief, hope, and healing, provided the setting on Thursday, January 30th for the Bo's Place Hearts of Hope Dinner at The Post Oak Hotel. Event Co-Chairs Mary and Gene Alford and Megan and Luke Hotze led the event and were thrilled that more than \$900,000 was raised.

[Read More](#)

Volunteer Spotlight: Juana Rodriguez

Juana Rodriguez is a mother born in Mexico and raised in Texas. She has a Bachelor of Science in Legal Studies, and "loves to volunteer and give back to communities."

She learned about Bo's Place from a former co-worker and now serves as Translator and Special Projects Volunteer. Juana assists Bo's Place by translating handouts, flyers, and emails into Spanish so that we can serve our bilingual population best. She also greets new families when they come to the building for the first time for a support group. As a Special Projects volunteer, she is a friendly face welcoming them.

Juana shared "The first time I felt Bo's Place Magic was the second week of a new group, when I saw the returning people with a new light in their eyes. I loved watching the families come in with hope and a smile."

When asked what she likes about volunteering at Bo's Place she shared:

- It's beneficial for my mental health and developing social and professional skills.
- I love the diversity with the facilitators and attendees.
- I have a sense of purpose and accomplishment.
- I feel like I am paying forward what was given to me.

Thank you, Jauna, for your welcoming smile and presence, and for your fabulous translation talents. We could not be more thankful for you!

For more information on being a Volunteer Translator or Special Projects Volunteer, please email volunteer@bosplace.org or call 713-942-8339.



Recent Happenings





Tomball ISD
2.14.25



Clear Creek ISD
2.17.25

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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