



# Bo's Place

## 35th Anniversary

1990-2025

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### A Note from Jennifer...

At Bo's Place, we often hear from participants about the warmth and kindness they experience in our groups—the gentle way stories are received, the deep sense of safety, and the comfort of being truly heard. That experience would not be possible without our incredible volunteers. They are the heart of our mission, creating spaces where grief can be shared without fear and where no one has to walk their journey alone.

As we celebrate Volunteer Appreciation Month, we want to honor the dedicated individuals who give their time, compassion, and presence to those who need it most. Whether they are facilitating groups, serving meals to bring comfort at the start of each gathering, or offering quiet support, our volunteers make Bo's Place what it is—a community built on kindness, connection, and care. To every volunteer who has been part of this journey with us, we are profoundly grateful. You are, and always will be, an essential part of the magic of Bo's Place.



With Bright Hope for Tomorrow,



Jennifer Boubel  
Executive Director



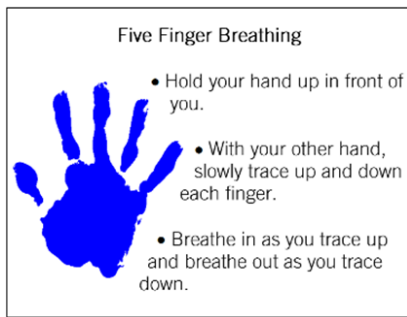
"I appreciate how kind and gentle the facilitators are when listening to our stories. I feel like this is a safe place and I'm excited to continue in this journey at Bo's Place."

-Support Group Participant

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### April Activities for Support Groups

In our grief support groups at Bo's Place, children and teens meet with other peers their age, and adults meet with other adults. To help group members connect with one another, express their thoughts and feelings, share their grief stories, and practice coping skills, our programs introduce a variety of activities to pair with group discussion. Here are a few examples of exercises and activities being used in our programs this month:



Preschool age children in our Family Groups Program are learning a coping skill called **Five Finger Breathing**. This is a great breathing exercise that can be used at any time to help children feel more calm or relaxed.

*Hold your hand up in front of you. With your other hand, slowly trace up and down each finger. Breathe in as you trace up and breathe out as you trace down.*

Many children and teens in our Family Groups will be doing a **Worry Cloud** activity. Group members will draw, write, or paint about some of the worries they've had in the past, and any new worries they are having since their person(s) died. This may include worries related to home, school, or other settings. Group members then share with each other about the worries they have and discuss ways to manage stressful thoughts. Inviting children to express their concerns, big or small, can serve as an outlet to help relieve stress and many times helps them realize that their peers share similar worries.



Students in our School Groups Program will be engaging in a **Puzzle Pieces** activity. Every student gets a blank puzzle, and each piece represents a different part of their grief story. Various questions or prompts are used to invite group members to draw or write about pieces of their story related to the person(s) who died. Sharing is always at their own comfort level.

*What were they like? Draw or write about something that reminds you of your person(s). What has changed in your life since they died? Who, or what has been helpful to you since the death?*

Our Adult Groups Program incorporates self-care practices including a **Treehouse Guided Visualization**. This exercise invites participants to design a space in their mind, filled with details that help them feel comforted or relaxed. The visualization script begins with bringing awareness to the breath and relieving tension in the body before guiding participants through the design of their treehouse.

*...Inside the treehouse, imagine anything that makes you feel good. Place pillows, waterfalls, plants, trees, birds, pictures of mountains, or a picture of your person(s). Anything that would help you feel safe and comfortable can go inside your treehouse...This is a place to let go of all your thoughts and worries. Take a deep breath and allow yourself to feel peaceful and relaxed.*

## Upcoming Events

Saturday, May 3

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

5:00pm - 7:00pm

[Learn More](#)

Friday, June 13

**Good Grief for Helping Professionals**

9:00am - 12:00pm

[Learn More](#)

## Volunteer Appreciation Month: Honoring the Heartbeat of Bo's Place

Volunteers are the lifeblood of our organization, bringing compassion, commitment, and a sense of community to those we serve. Read more to see the impact of Bo's Place volunteers.

## Bo's Place Welcomes Skye, Our New Therapy Dog

There is a new team member at Bo's Place and she is furry and has four legs! Read more to meet Skye.

Read More

## Recent Happenings



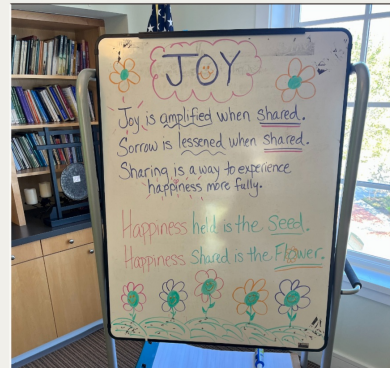
Volunteer Facilitator Training  
3.1.25



Camp Widow  
3.1.25



PBK Architects  
3.6.25

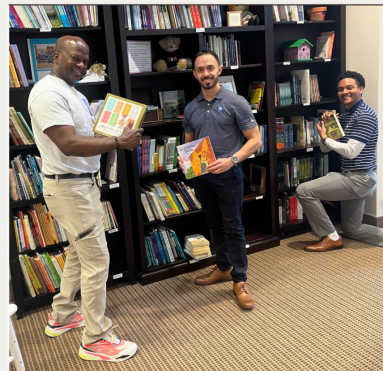


NACg Webinar  
3.7.25





Lucas Eilers Design Firm  
3.24.25



New York Life  
3.27.25



KIPP Sharpstown Key Club  
3.27.25



Staff Astros Opening Day  
3.27.25



Camp Kesem Rice Gala  
3.29.25



Seven Lakes HS  
Psychology Honors Society  
3.31.25

## 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.

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



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