



# Bo's Place

## 35th Anniversary

1990-2025

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### A Note from Jennifer...

The heart of Bo's Place has always been community—people showing up for one another in life's hardest moments. Over the years, so many have found their way to us because someone they trusted said, "I know a place that can help."

That's the beauty of this work: each of us plays a part in helping others know they are not alone. When we share what Bo's Place offers—quietly, authentically—we become part of someone's healing story.

Our goal is to be the grief resource for Houston and beyond—so that wherever grief is, hope can follow.



With Bright Hope for Tomorrow,



Jennifer Boubel  
Executive Director



*"The group made me realize I'm not alone even some of my friends that I had no clue that they were going through similar situations, and it help me empathize and relate to them in a different level."*

-Support Group Participant

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### Keep Your Cool This Summer

In the heat of summer, grief can feel intense, and emotions may rise. While many embrace summer as a time of fun, freedom, and travel, others may struggle through the season; especially if bearing the weight of a significant loss.

The changes in routine that summer offers may be welcomed or may bring upon uncertainty. Different social opportunities arise

and can add pressure to those who have a hard time in social settings or fear that their feelings may spoil the fun. The anticipation of certain holidays or important occasions may cause additional stress or worry. Even for those excited for summer days, grief reminders and reactions may come about unexpectedly, and feelings can become overwhelming quite quickly.

Children, teens, and adults all have moments where they feel overwhelmed by emotions and could benefit from some cool-down techniques to help relax the body and mind. What is helpful in the moment will vary from person to person, and having tangible items on hand can be a great go-to option when an outlet is needed.

Whether gathered together in an empty shoe box, laundry basket, or grocery bag, items that encourage deep breathing, relaxation, sensory input, positivity, and creativity can serve as a “cool-down kit,” ready to use in a moment’s notice. Personalized and portable, a cool-down kit serves as a gentle reminder that comfort and relief are always within reach.



Here are some ideas for items that can go in a cool-down kit. What would go in yours?

### ***Creative outlets***

- Coloring sheets or blank paper
- Journal
- Markers/crayons
- Stickers

### ***Sensory input***

- Playdoh
- Stress ball
- Fidget toy
- Lotion

### ***For deep breathing***

- Bubbles
- Pinwheel
- Feather
- Expandable breathing ball

### ***Mood boosters***

- Happy photos
- Favorite snack
- Uplifting quote
- Positive note to self

### ***Comfort items***

- Blanket
- Pillow
- Fuzzy socks
- Stuffed animal

### ***To engage the mind***

- Legos
- Puzzle
- Favorite book
- Maze or word search

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## Upcoming Events

Friday, August 8 - Saturday, August 9

**12th Annual SpawGlass CJ Strnadel IV Memorial Fishing Tournament**

Friday 5:00 - 9:00pm; Saturday 6:30am - 2:00pm

[Learn More](#)

Friday, September 5 - Saturday, September 6

**Volunteer Facilitator Training**

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

[Learn More](#)

Friday, September 26

**Good Grief for School Professionals**

9:00am - 12:00pm

[Learn More](#)

## Volunteer Spotlight: Jeff Golub

Jeff Golub, a native Houstonian and resident of Bellaire, is the proud father of three wonderful children and a partner at a law firm where he has practiced business litigation for nearly 30 years. Known for helping clients navigate complex disputes, Jeff brings the same thoughtful, solution-oriented approach to his volunteer work in the community.



A few years ago, Jeff felt called to deepen his involvement in local nonprofit organizations. Bo's Place stood out to him - a place of healing that resonated deeply due to the loss of his mother to cancer when he was just two years old. Encouraged by friends who recognized his potential to make a meaningful difference, Jeff began volunteering with Bo's Place and joined the Board of Directors in 2019. This past year, he served as Board President, guiding the organization with compassion and commitment.

Reflecting on his time with Bo's Place, Jeff shares, *"My friends were right... volunteering at Bo's Place for the past six years has been immensely gratifying. Unlike many nonprofit boards that focus mainly on fundraising (which, by the way, is definitely important!), our Board directly helps Bo's Place carry out its important mission. The Board is privileged to collaborate with the incredible staff and volunteers to problem solve, budget, strategically plan, achieve objectives, and actively advance the Bo's Place mission. Put simply, Bo's Place gives Board members like me the opportunity to make a real impact on the lives of those who come to Bo's Place for grief support. What more could I ask for from a nonprofit volunteer experience?"*

As Jeff completed his term as Board President on June 30th, he offered these parting words, *"I offer my sincerest gratitude to my fellow board members, the staff, volunteers, supporters, and the entire Bo's Place community for your commitment and support this past year. It has been an honor and a privilege to work with you for the betterment of a place we all love."*

Thank you, Jeff, for your incredible leadership, unwavering dedication, and generous heart. As we celebrate our anniversary and continue our mission, we recognize that we could not help heal hearts without passionate volunteers like you.

If you're inspired by Jeff's story and would like to get involved, please reach out to us at [volunteer@bosplace.org](mailto:volunteer@bosplace.org).

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## The 28th National Symposium on Children's Grief

Bo's Place staff members attended the annual gathering of children's grief support professionals last month in Kansas City.



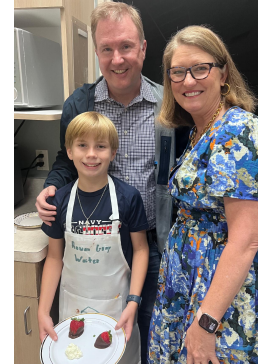
[Read More](#)

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## A Recipe for Kindness: Young Hearts, Big Impact

Students from St. John's School create their very own restaurant with a

generous goal in mind: to make a generous donation to Bo's Place.



[Read More](#)

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## Shop For a Cause This Amazon Prime Day

Amazon Prime Days are July 8-11! Bo's Place has a Wish List full of items to support our grief support groups.



[Read More](#)

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## Bo's Place Sundae Open House: A Sweet Success with a Caring Community

On a beautiful Sunday in June, Bo's Place welcomed the community to come experience the facilities and learn about our programs.



[Read More](#)

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## Birthday Bandanas for Skye

Heather Gillian, Bo's Place Volunteer, created adorable custom bandanas for Skye and made a special trip to deliver them.





[Read More](#)

## Recent Happenings



*Camp For All Social*  
6.4.25



*Smilin' Rylen Foundation*  
*Check Presentation*  
6.20.25



*Brazoria County Sheriff's*  
*Office Community Event*  
6.21.25



*Singer/Songwriter*  
*Ella Grace Francis*  
6.21.25

## 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.

[Our Website](#)

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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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