



Bo's Place

35th Anniversary

1990-2025

A Note from Jennifer...

As summer comes to an end, we are grateful for the many ways Bo's Place has continued to show up for our community. For 35 years, this commitment has been at the core of who we are—offering comfort, connection, and hope to those who need it most.

As we step into the fall season, we look forward to the opportunities ahead to grow together, welcome new families, and deepen the impact of our mission. With gratitude for all that has been accomplished and anticipation for what's to come, we are proud to carry forward the spirit of Bo's Place into the months ahead.



With Bright Hope for Tomorrow,



Jennifer Boubel
Executive Director



"I really appreciate the safe space to be able to deal with my grief. A space where I was able to connect with other grieving families. My waves of emotions were validated."

-Support Group Participant

When a Student is Grieving: How to Help

Grief can be an isolating experience for children and teens. They may find it more difficult to relate to peers and wonder how much or how little to share with others. Friendships may shift or change. The beginning of a school year may bring upon a range of new feelings and fresh challenges.

For those who experienced the death of someone significant to them, memories, intrusive thoughts, or overwhelming emotions can surface without warning. Grief does not wait for math class to end or for the school day to be over. Reminders about the death can occur in the middle of a lesson, during a test, or

while walking through the hallway. These moments can be especially distressing, making it difficult to focus, participate, or complete tasks. Assignments that touch on topics related to death and loss can be particularly difficult for grieving students. Compassion and understanding from educators can go a long way, as well as allowing for flexibility with alternate assignments as needed.

Teaching and modeling breathing and relaxation exercises and mindfulness practices help plant seeds for healthy coping. Responses to grief and stressful situations vary from person to person, so the best strategies for support will be based on individual preferences. What's helpful to one student may not be helpful to another.

A good starting point to understanding how to best support a grieving student is simply to ask. A tool used in Bo's Place grief support groups and shared in trainings is the "Helpful/Not Helpful" activity. This simple yet effective exercise invites students to share what actions or words support them and what doesn't. Many find it easier to start by identifying what's not helpful, since negative or uncomfortable experiences often stand out more vividly, and then move into the helpful strategies.

For students who struggle to articulate what they need, supportive adults and peers can offer choices or suggestions. For example, "Would it be helpful if I sat with you at lunch?" or "Does it help you to talk about your person?"

This activity empowers students to explore and express their personal preferences, ruling out unhelpful responses and identifying the most helpful approaches.

You can download a printable version of the ["Helpful/Not Helpful"](#) activity.

School-related resources:

- Mental Health America has a new ["Back to School with Mental Health in Mind"](#) webpage with tools for kids, teens, and the adults who support them.
- The National Alliance for Children's Grief has a guide for [Caregivers and Schools Working Together in Partnership After a Death.](#)



Upcoming Events

Friday, September 5 - Saturday, September 6
Volunteer Facilitator Training
Friday 5:00 - 9:00pm; Saturday 9:00am - 5:00pm
[Learn More](#)

Tuesday, September 23
Houston Marathon Training Kick Off Party
6:00-8:00pm
[Learn More](#)

Saturday, October 11
Good Grief for School Professionals
9:00am - 1:00pm
[Learn More](#)

Volunteer Spotlight: Eva Allison

Eva Allison, Bo's Place Volunteer Facilitator, was born in East Chicago, Indiana and has called Texas home for the last 40 years. She is a retired social worker who loves going to museums and Presidential Libraries. One of her favorite exhibits in Houston is "The Gem Vault" at the Museum of Natural Science.

Eva first became involved with Bo's Place after she retired. Her daughter urged her to stay connected to the community and help care for others in a new way. As a social worker, Eva shared that she had to transition her way of thinking when it came to participants. She was used to providing options and guidance, but at Bo's Place, the participants are the experts in the room.

When reflecting on the beauty and magic she sees as a volunteer, Eva shared "I think I have experienced Bo's Place Magic every time I have been in the building. Watching new group members get taken under the wing of veteran family members, watching friendships grow, watching children grow, listening to children share their memory books and boxes. Experiencing community members bring and share food with grieving families – it is humbling."

Volunteering takes time and energy, but the benefits are great. Eva shares the reasons she feels others should volunteer with Bo's Place "everyone has or will experience the death of a loved one but not everyone will have the tools or the expertise to cultivate resilience and meaning from that life experience. It was not until I took the volunteer training that I sat down and processed the deaths in my immediate family. Bo's Place is continually trying to bring best practices to the individuals and families it serves. Consequently, as a volunteer, opportunities for training and growth are frequent and excellent."

Some of the ways volunteering has impacted Eva include "every person in my family knows that I will not shy away from addressing the frailty of life and the reality of death. I also say "I love you" every chance I get. Life is also too short to not love what you do, and I love being part of the good work that takes place here."

Thank you, Eva, for all that you do to help Bo's Place heal hearts!

If you are interested in volunteering at Bo's Place, please email us at volunteer@bosplace.org.



2026 Robin Bush Award Recipient

We are excited to announce that Dr. David Sandberg, world-renowned pediatric neurosurgeon, will be the recipient of the annual Robin Bush Award at this year's Hearts of Hope dinner.



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SpawGlass CJ Strnadel IV Memorial Fishing Tournament

Who knew fishing for a great cause could be so much fun? Our incredible friends at SpawGlass hosted another fantastic tournament in CJ's memory, helping heal hearts while doing so.



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We are Hiring: Groups Manager - Bilingual

Join our team of heart-healers! Click below to learn about this role and how to apply.



[Read More](#)

In the Midst of Tragedy, Bo's Place Steps In

Bo's Place has spent the past month responding to schools, congregations, and other organizations to support the Houston community. And we will continue to be here in the future, supporting all who have experienced the death of a loved one.



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Skye's Corner

A monthly dose of tail-wagging joy and heartfelt reflections from Bo's Place's very own therapy dog.

Woof! Therapy Dogs Help Both Mind & Body – Just Ask Bob!



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Recent Happenings



Clear Creek ISP Fair
8.6.25



New York Life
8.12.25



United Way Agency Showcase
8.14.25



Sheldon ISP
8.21.25



Welcome, Program Interns!
8.25.25



First Community Cares
Foundation
8.27.25



UTHealth
Pediatric Residents
8.27.25

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

Our Mission

Volunteer

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Amazon Wishlist



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



Bo's Place | 10050 Buffalo Speedway | Houston, TX 77054 US

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