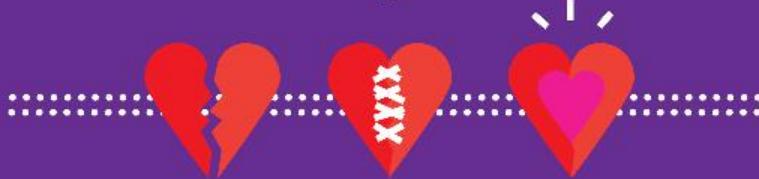


# Healing Hearts



*"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 wave of emotions were validated."*

-Support Group Participant

## New Year's Resolutions for the Bereaved

Under stress and heartache, making New Year's resolutions can feel like an unnecessary chore list. Many feel pressured to start the year off strong, though strength may not always feel easily accessible. Grief doesn't follow a timeline or calendar, and the new year doesn't erase loss. Some days will be manageable and others may be overwhelming.

Resolutions or goals for an incoming year often focus on "I should" rather than "I want." Pondering some questions about what you want for yourself can help give direction for setting intentions.



*What kind of memories do you want to make this year?  
What is something you hope to do with family or friends?  
What are ways you'd like to honor the person who died?  
What pattern or habit are you ready to release?  
What do you want your theme song to be this year?*

Moving forward into 2026 is taking one step into the first day of the year, and one step forward each next day. Small steps, taken consistently, make a lasting difference. Moments of peace, laughter, and even joy can coexist with grief. They do not diminish the love you hold or the loss you carry. And resolutions don't have to equate to major transformations. Sometimes they are simply about showing up, caring for yourself with compassion, and doing the best you can each day. That, in itself, is enough. Some gentle intentions for the year ahead might include:

- ✓ Giving yourself permission to laugh and have fun
- ✓ Taking a few deep breaths before starting the day
- ✓ Sharing more stories about your person
- ✓ Establishing a place to write down memories to collect throughout the year
- ✓ Speaking your person's name more often
- ✓ Reaching out to someone if you feel alone
- ✓ Completing acts of kindness in your person's honor
- ✓ Trying a new morning or evening routine
- ✓ Increasing water intake
- ✓ Resting when needed
- ✓ Reducing screen time before bed
- ✓ Releasing thoughts and feelings through talking, writing, or drawing

- ✓ Accepting help when it's offered
- ✓ Scheduling days to do something you enjoy

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## Upcoming Events

Sunday, January 11, 2026

**Team Bo's Place Marathon HOOPLA Station**

[Learn More](#)

Friday, January 23, 2026

**Good Grief for School Professionals Training**

[Learn More](#)

Thursday, January 29, 2026

**Hearts of Hope Dinner**

[Learn More](#)

Sunday, February 1, 2026

**Bo's Place Open House**

[Learn More](#)

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## Volunteer Spotlight: Catie Wuensche

Catie Wuensche is an English major and mass media minor who has recently begun a master's degree in Christian Counseling. She loves classical and modern orchestral music and literature.

Catie attended Volunteer Facilitator Training after learning about our mission from a colleague she met at a conference. Since then, Catie has spent most of her time facilitating small groups for adults and children, assisting with outreach events, and attending advanced facilitator trainings.

She feels the Bo's Place magic in every group she facilitates. Still, one in particular stands out to her about "a young girl in a middle school group who experienced the death of multiple family members in a short period of time, and she was sharing her feelings. She was having difficulty expressing her emotions, and before the facilitators could help her, another member said, 'Me too!' The two of them then continued with their activities for the session with smiles on their faces."

When reflecting on her volunteer experience, Catie shared that "it has been a joy to create a space where people feel comfortable enough to share their emotions and experiences. Sharing what Bo's Place has to offer with those who need help has been a blessing, and I'm thankful for the opportunity to give others a place to find peace as they walk through their grief."

Finally, we asked Catie why other people should volunteer with Bo's Place. She stated "volunteers at Bo's Place get the chance to truly influence the community around them by simply being a listening ear. The community at Bo's Place is warm and welcoming, and the love the other volunteers show is inspirational. You don't just get to help families; you also get to make your very own family with other volunteers as a facilitator."

Thank you, Catie, for all of your heart and dedication to Bo's Place. If you are interested in serving as a facilitator or joining our volunteer family, please email [volunteer@bosplace.org](mailto:volunteer@bosplace.org).

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## Announcing Our Robin Bush Award Honoree: Dr. David Sandberg

Bo's Place is delighted to share that Dr. David Sandberg, renowned pediatric neurosurgeon, will receive the Robin Bush Award at the 2026 Hearts of Hope Dinner. Join us as we celebrate the impact he has made on children in our community.



[Read More](#)

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## The Best Derby Party in Town!

Join co-chairs Libby and Mattison May and Shelby and Matthew Seligmann for Hats, Hearts & Horseshoes, a spectacular Derby-themed event filled with vibrant spring style, high spirits, and friendly competition on Saturday, May 2 at The Revaire.



[Read More](#)

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## Recent Happenings



Eventellect Meal Sponsors  
12.2.25



Pilgrim Rest Missionary  
Baptist Church Meal Sponsor  
12.4.25



First Community Credit  
Union Meal Sponsor  
12.5.25



Board of Directors  
Meal Sponsor  
12.9.25



Junior League of Houston  
Meal Sponsor  
12.11.25



"Good Grief for School  
Professionals" Training  
12.12.25



Ed Miller & Friends  
Meal Sponsors  
12.13.25



Texas Childrens Hospital  
Candle Lighting Event  
12.14.25



Great Day Houston  
12.11.25



Texas Childrens Hospital  
Grand Rounds Presentation  
12.19.25

## 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.*



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

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