

Healing Hearts



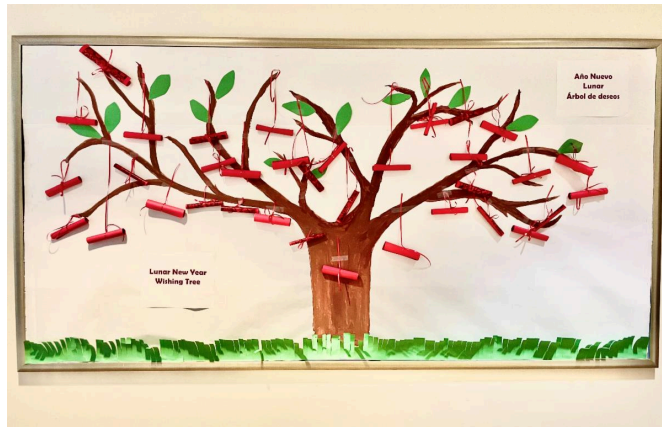
"This group has been a blessing. My word: FEEL. Once you allow yourself to feel, you allow yourself to HEAL"

-Support Group Participant

Lunar New Year 2026

Lunar New Year, recognized in many East and Southeast Asian cultures, is a multi-day festival, tied to traditions of cleaning out homes, spending time with family, eating symbolic foods, and honoring ancestors. Red decorations, firecrackers, and celebrations are meant to invite luck, protection, and vitality into the year ahead.

February 17, 2026, marks the start of a new lunar year: a new cycle on the lunisolar calendar which is based on the phases of the moon (luna) and the earth's orbit around the sun (solar). Each lunar year is represented by one of 12 animals from the Chinese zodiac.



2026 is the Year of the Fire Horse, symbolizing energy, strength, and forward momentum. For those who are grieving, finding energy and strength to move forward can seem impossible, as grief can feel immobilizing. Navigating loss is not about forcing movement and grief does not ask people to "move on" or forget. Grief and loss are integrated into one's ongoing journey. New beginnings do not diminish the loss, and forward momentum can coexist with the lasting presence of those who are no longer physically here. Healing occurs over time.

At Bo's Place, we believe that even in the midst of sorrow, those who are grieving can find joy and renewed hope for the future. An activity used with children and teens in some of our family support groups is a "Wishing Tree" activity, based on Lunar New Year traditions in China, where wishes are hung on a wishing tree. *The Wishing Tree* book by Roseanne Thong shares about this tradition through the story of a boy named Ming, who is grieving the death of his grandmother. Group members first read *The Wishing Tree* book and are then given red "wishing paper," where they can write or draw hopes and desires for the new year. They could be wishes for themselves, for family, for fellow group members or friends, or general wishes about the future. Children and teens are invited to share their wishes with one another, then roll the paper up like a scroll, and tie it with a red ribbon. The wishes are then hung on a wishing tree.

Aspirations for the future and moving forward in one's life does not mean letting go of the love held for those who have died. There is space for memories of the past, connection in the present, and hope for the future. The lunar year is a reminder that change and transformation do not happen all at once. Like the moon, life moves in phases. There are endings and new beginnings, and periods of darkness and light.

What hopes or wishes do you have for the new lunar year?

Upcoming Events

Sunday, February 1, 2026

Bo's Place Open House

[Learn More](#)

Saturday, May 2, 2026

Hats, Hearts & Horseshoes: A Kentucky Derby Affair

[Learn More](#)

Volunteer Spotlight: Danielle Maudlin

Danielle Maudlin is a Colorado native who came to Texas for college (University of Texas - Austin) and then never left. She loves music and travel, which has led to accomplishments of collecting over 650 records and traveling to 6 of 7 continents!

Danielle first started her journey at a neighboring bereavement center in San Antonio, and when she moved to Houston, she got involved with Bo's Place. Inspired by her family's experience of navigating the death of her mother when she was 9, Danielle wanted to advocate and support children who are grieving.

Since 2018 Danielle has been a hospitality volunteer, helping to serve meals for weekly evening group sessions. She shared, "I've met so many amazing, strong, and loving families and have made some good friends in the kitchen. I tell everyone that Bo's is for everyone affected by a deep loss and that it provides tools and support for the whole family so that the journey of grief isn't taken alone."



When sharing about the impact of volunteering with Bo's Place, Danielle said, "It has helped me heal my inner child. Being at Bo's Place is an act of love. Love for children, for families, and for yourself. By volunteering, you can be a positive light in a time of great darkness, and that kind of love is everlasting. For example, on the first night of a group session, you can always see trepidation and sadness on the children and the adults as they enter the dining room. By the last night, you can see the friendships that have formed and the family's comfort. They feel safe and cared for at Bo's Place."

Thank you, Danielle, for providing the safety and care to our participants in the dining room. To feel cared for before even stepping into their small groups is a beautiful thing.

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

Supporting Families through Food

Did you know that we begin all of our in-person grief support groups with a meal? You can be a part of this heartwarming tradition to nourish bodies and hearts.



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With Grateful Hearts: 2026 Hearts of Hope Dinner

For the second year, our Hearts of Hope event was a dinner held at The Post Oak Hotel. The evening was inspiring, with speakers sharing heartfelt testimonials, and the crowd showing their appreciation for Bo's Place.



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Team Bo's Place Crosses the Finish Line



Thanks to the support of our runners, walkers, sponsors, and cheer squad, Team Bo's Place 2026 had a great year as a "Run for a Reason" charity in the Houston Marathon!

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Recent Happenings



Team Bo's Place Kick-off
1.4.26



Duchesne Internship Fair
1.7.26



Spring Branch ISD
Communities in Schools
1.9.26



Texans Spirit Day
1.9.26



"Be the Change" Fort
Settlement Middle School
1.9.26



Coastal Prairie Quilt Guild
1.15.26



First Community Credit Union Check Presentation
1.21.26



Pearland ISD #iwillask
1.22.26

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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