

Healing Hearts



"My experience with Bo's Place makes me feel like I am in a safe place."
-Support Group Participant

A Message from Bo's Place New Executive Director

Dear Bo's Place Community,

It is truly an honor to serve as the new Executive Director of Bo's Place. From my very first day, I felt the warmth, compassion, and deep sense of purpose that make this organization so special. Bo's Place has long been a beacon of hope, healing, and connection for grieving children, families, and individuals, and I am humbled to be entrusted with carrying this mission forward.

Grief is a journey no one should walk alone. Bo's Place stands as a powerful reminder that even in our deepest sorrow, love, support, and understanding can bring comfort and light. I am deeply inspired by our board of directors, dedicated staff, volunteers, donors, and community partners whose commitment makes this work possible.

Thank you for welcoming me so graciously. I look forward to listening, learning, and working alongside each of you as we continue to provide compassionate care and expand our impact throughout the community.

With gratitude,

Lisa Iparrea
Executive Director, Bo's Place



Make Memories this March

Memories keep connection alive. Remembering someone who died matters, and making new memories for oneself is equally important. March invites a time of transition and growth. The approach of spring brings opportunities to reflect, reconnect, and plant seeds of hope.

Honoring memories of the past and those who have died can bring comfort to those who are missing someone they love. Sharing stories and recalling moments spent together allows their legacy to live on. Below are some ways to remember those who have died. Children and adults will each have their own preferences on what feels comfortable and meaningful.

- Talk about the person who died. Saying their name, telling stories, sharing photos, and learning new information helps some people feel a continued bond with their person.
- Express yourself through art. Sometimes it's easier to express thoughts and feelings through creative outlets. The same applies to memories. There may be times you prefer to remember someone through drawing, painting, poetry, music, dance, photography, etc.
- Visit a favorite spot. If there is a place your person enjoyed or somewhere with positive memories tied to them, plan for a visit there. It might be a park, restaurant, store, vacation spot- anywhere that holds significance.



Allowing oneself to make new memories is also important for those who are grieving. Whether individually or with others, being intentional about having new experiences invites moments of healing and openness to growth.

- Try something out of your comfort zone such as a new food or activity.
- Attend a local event or place in the community that you or your family haven't been to before. A festival, library, museum, zoo, arcade, farmer's market, park, concert, etc.
- Have a fun photo shoot. Solo or with family or friends.
- Spend time in nature. Plant something, have a picnic, go for a nature walk or scavenger hunt.
- Do something you enjoyed as a child or let a child choose something to do.

Grief and loss may change the way new experiences feel. Revisiting old memories and making new ones can be challenging, yet it doesn't take away the possibility for joy and connection with others in the present.

Upcoming Events

Wednesday, March 18

Bo's Place Open House

[Learn More](#)

Friday, May 1, 2026

Good Grief for Helping Professionals

[Learn More](#)

Saturday, May 2, 2026

Hats, Hearts & Horseshoes: A Kentucky Derby Affair

[Learn More](#)

Volunteer Spotlight: Heather Gilligan

Heather Gilligan is an engineer by trade, but was a competitive figure skater through her teenage years! She loves to travel, learn new things, and give back to the community. She is married to Roger Pease, a fellow engineer and Bo's Place Volunteer, and has two fur-babies.

Heather began volunteering after seeing her husband dedicate many years of service to Bo's Place. When we began offering online groups, Heather filled a new volunteer role called a Zoom Host. She correctly names all participants on the screen and assigns them to their assigned breakout rooms. This crucial volunteer role allows our clinical team to focus on welcoming participants.

Heather has been a Zoom Host for our online groups for over 5 years now, and her help is invaluable! When sharing about her time with the online groups, Heather shared, "Though I don't participate in groups, I hear about the exercises and plans for the group sessions, and it has helped me recognize that grief can come from not only the death of a loved one, but also life



changes. I have used some of the exercises in my own life. Actually, in a recent pre-group session, all the volunteers were talking about how we use the breathing exercises from Bo's Place in our daily lives."

Heather additionally shared about her global experience as a volunteer: "I don't think people realize how different grief can be for each person, and at Bo's Place, there is that acceptance and the ability to learn ways to process your grief and continue on your journey. Bo's Place is a welcoming community with multiple volunteer opportunities where you can make a real impact on someone's life. It's great to get to know the facilitators at Bo's Place and hear their stories of how volunteering has enhanced their lives."

Heather, we are so thankful for your time, Zoom skills, and heart for Bo's Place.

If you want to volunteer with Bo's Place, please email volunteer@bosplace.org.

Bo's Place is Coming to Katy!

Big news! Bo's Place grief support groups will soon be offered in Katy, TX!

[Learn More](#)

Run for the Roses - and a Great Cause!

The best Derby party in town is right around the corner! Don your fascinators and seersucker and join us for the 10th anniversary of this beloved tradition!

[Read More](#)

Recent Happenings





Bo's Place Volunteer
Facilitator Training
2.5.26 & 2.6.26



Belmont Village
Check Presentation
2.12.26



Wilchester Elementary
2.12.26



Derby Host Committee
Kick-Off Party
2.19.26



Bammel Church of Christ
Caregiving Symposium
2.21.26



Houston Area Suicide
Prevention Coalition
2.24.26



*Houston Police Department
Mental Health Team
2.25.26*



*University of Houston-
Clear Lake Students
2.26.26*



*Go Texan Day!
2.27.26*



*National Charity League -
Heart of Texas Chapter
2.28.26*

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

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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.



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