

Healing Hearts



"It gave me an outlet to share my inner struggles in a no judgement zone and to feel supported by a group experiencing similar loss and challenges. As a mom, I felt that Bo's was the only place I could grieve openly without worrying about how my emotions would make my child feel. I'm thankful for this bereavement center."

-Mother in a family support group

Love, Loss, and Mother's Day

"If I could give my mom anything, I'd give her a hug."

Each year, children and teens in our support groups are invited to share about their mothers, mother-figures, or special caregivers in their lives, as we recognize Mother's Day.

Holidays can be convoluted for those who are grieving a loss. A day that brings happiness to some, may bring heartache to others. Gratitude and celebrations may mix with painful thoughts or memories. There is no single "right way" to observe Mother's Day, and family members may wish to plan for such days in different ways.



Some may want to connect with others and share stories, look through photos, or enjoy a favorite meal that reminds them of their loved ones. Others may prefer a quieter approach such as lighting a candle, writing a letter, visiting a meaningful place, or simply taking time to reflect. It's okay to have different approaches to special days. Thinking about and discussing what feels manageable and meaningful for each person can help ease tensions brought about by days that may be difficult to cope with.

Participants in our pregnancy loss and adult group programs are encouraged to brainstorm tangible ways that others can support them physically, emotionally, and verbally. When grieving, many people find it difficult to identify what they want or need in the moment. Sometimes the best support is sitting in silence, and other times it's through laughter or assisting with tasks. Clarifying specific types of support can help the bereaved anticipate and prepare for upcoming holidays.

It's okay to celebrate and share joy on Mother's Day, and it's also okay to experience and express the heavy emotions that may arise.

- Handout for Children/Teens: [Mother's Day Prompts](#)
- Handout for Adults: [Ways to Support Me](#)
- Article: [Mother's Day May Not Be Easy for Some Grieving Students](#)
- Article: [Dealing With Grief After the Death of Your Baby](#)

Upcoming Events

Monday, May 11

Bo's Place KATY Open House

[Learn More](#)

Wednesday, May 20

Bo's Place Open House (Main Campus)

[Learn More](#)

Volunteer Spotlight: Junior League of Houston Placement Volunteers

Did you know we have a Junior League of Houston volunteer placement at Bo's Place? We host 8-10 volunteers each year who complete 60 hours of service from June 1st to May 31st. They provide hospitality support on group nights, and complete special projects for the staff to prepare for program, outreach, and development activities. Two of these volunteers shared some learnings and memories from their experience with Bo's Place.

Ellie (1 year in placement)

- **Fun fact:** I went to high school in Anchorage, Alaska.
- **Impact of being a Volunteer:** My volunteer experience at Bo's Place has impacted me profoundly. As someone who has experienced a life-changing loss, I feel both humbled and grateful to give back to the Bo's Place community through volunteering. Being able to support someone in their grief journey, even in such a small way, is empowering and enlightening.
- **Bo's Place Magic Moment:** I often feel Bo's Place magic in the shape of 'sonder' - the realization that every person is living a life as vivid, complex, and real as your own. I'm thankful for the space Bo's Place has created where many people with complex lives can come together and hopefully find a little peace.



Nekpen (2 years in placement)

- **Fun Fact:** I am a first-generation Nigerian-American who speaks Spanish fluently.
- **Impact of being a Volunteer:** Serving at Bo's Place has allowed me to serve my Houston community and live out my faith. I have been taught to mourn and comfort those who mourn with compassion, and I see my work with the kitchen hospitality team as a great way to comfort others in their time of grief.
- **Bo's Place Magic Moment:** I have felt Bo's Place Magic when I see the progression of joy returning to our participating families who come to Bo's Place. In Week 1 of our sessions, the tone and atmosphere are often somber, quiet, and melancholy. By the very last week of the sessions, the meal area is warm and buzzing with warmth, connection, and joy again.



Thank you to our Junior League of Houston volunteers who do so much for Bo's Place. If you are interested in volunteering with Bo's Place, please email volunteer@bosplace.org.

Family Support Group Activity Spotlight: One Wave at a Time

Learn about one of the activities we do in our support groups. The "One Wave at a Time" activity addresses the multitude of grief feelings and varying intensity levels one experiences.

[Read More](#)

Celebrating our Volunteers!

Each April during Volunteer Appreciation Month, we host our very special Volunteer Appreciation Event. This year was full of laughter and celebration of our amazing heart healers!

[Read More](#)

Bluebonnet Council Convenes at Bo's Place

Bo's Place hosted the Bluebonnet Council, a gathering of Texas professionals who work with bereaved children and families. Our time together was full of conversation, collaboration, and compassion.

[Read More](#)

Every Gift Counts: Help Us Finish the Year Strong!

Our fiscal year is drawing to an end, and we can use your help to end the year strong! See how every dollar matters in supporting the bereaved families and individuals we serve.

[Read More](#)

Recent Happenings





CIS Lone Star College
Wellness Fair
4.13.26



U of H Clear Lake
Volunteer Fair
4.15.26



Bluebonnet Council
4.17.26



Pearland ymca
4.18.26



Junior League of Houston
Sustainers Meal Sponsor
4.21.26



Christina Greene
Shop for a Cause
4.22.26



Memorial Hermann
4.22.26



West Houston Area
Ministries Breakfast
4.22.26



Angel Reach Presentation
4.23.26



Precinct 5
Victim Advocates Event
4.23.26



Alief ISD Mental
Health Fair
4.25.26



Saturation Global Church
Meal Sponsors
4.25.26



Smilin' Ryleen Run
4.25.26

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

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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