

Healing Hearts



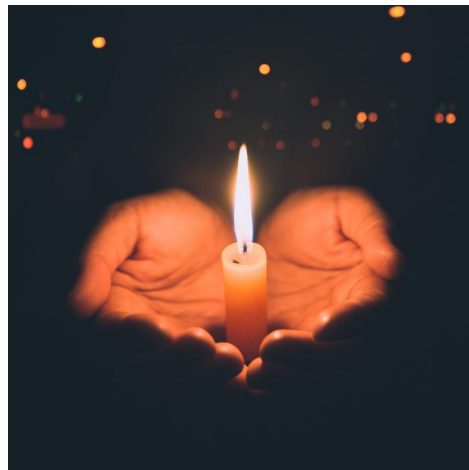
"I didn't expect the overwhelming feelings of comfort, love & acceptance Bo's brought. I am thoroughly grateful for this experience and have referred many already."

-Mother in a family support group

Acknowledging Anniversaries

This month marks the anniversary of the Fourth of July Hill Country flood and the loss of life, destruction, and pain left in its wake. In the days that followed, Bo's Place engaged with our heartbroken community to offer support and resources to families, friends, schools and organizations who experienced a death in the floods. But we know that grief is a lifelong journey - and the need for support continues.

As anniversaries approach, people can feel strong emotional and physical reactions and reflect on all the ways their lives have been impacted by the death. This can be compounded when the loss impacts many individuals and communities and is actively reported on and shared in the media. Reminders of the anniversary can be impossible to escape, and the coverage can be very activating.



When tragedy happens on a holiday, it can be disorienting to those affected to see the rest of the world seeming to celebrate as usual when their life has been so changed. There can be a sense of dread or anxiety as an anniversary approaches. It can be helpful to have a plan for the day.

- Are there others you can gather with to share stories and memories?
- Are there places or activities that you find comforting that you could go to on that day?
- If there are different reactions within a family can compromises be made about how to spend the day? For example, if some of the family want to participate in Fourth of July celebrations and others do not, can arrangement be made? Can trusted family or friends help?
- If you don't feel up to being around others consider acknowledging the day in a small private way such as writing a letter to the person or journaling or lighting a candle.

For more ideas, see our handouts aimed at helping families prepare for an anniversary. If you or someone you know needs bereavement support or resources, please contact Bo's Place at 713-942-8339 or info@bosplace.org. We're here to help.

"Her absence is like the sky, spread over everything."

-C.S. Lewis, *A Grief Observed*

Planning for the Anniversary
of a Death - English

Planning for the Anniversary
of a Death - Spanish

Upcoming Events

Thursday, July 9

Consuela Connects

[Learn More](#)

Wednesday, August 5

Bo's Place Open House

[Learn More](#)

Volunteer Spotlight: Pat Mintz

Pat Mintz is a native Houstonian and has, "5 outstanding GRAND Girls!!" Her original degree was in clothing textiles and fashion design, and she worked at Neiman Marcus. It wasn't until she taught a marketing class for junior high kids where she found her passion in teaching young people.

In 2022, Pat started her Bo's Place journey and has now been a volunteer for 4 years.

When sharing about her volunteer experience, Pat stated it has been "amazing and rewarding." Pat has been a faithful children's group facilitator and has loved seeing the emotional changes that happen through the program. Pat experiences the magic of Bo's Place when she observes children really helping each other. She sees them connecting with each other, eating together, and sharing contact information.

Pat expressed the value of getting support sooner rather than later and being a part of something meaningful. She encourages everyone "to reach out and help others" because "it always has and always will take a village."

As Pat reflected on the impact of her volunteer experiences, she shared that it has made her realize the support she has received that has helped her "walk through the losses and successes in life!!"

Thank you, Pat, for being a part of the Bo's Place magic! If you are interested in volunteering at Bo's Place, please email volunteer@bosplace.org.



The 29th National Symposium on Children's Grief

Several of our Bo's Place staff members attended the 29th Annual Symposium on Children's Grief last month. Bo's Place also delivered two presentations at the event, all designed for fellow bereavement professionals.

[Read More](#)

Consuela Connects Give Back Party - July 9

Join us Thursday, July 9 from 4-7pm for a special Consuela Connects benefiting Bo's Place as we celebrate our new Katy location! Enjoy bubbles, bites, and shopping while supporting grieving children and families. Bring a friend and shop for a cause!

[Read More](#)

Save the Date for Bo's Place Special Events

Mark your calendar now for an incredible year of events ahead! Join us for three opportunities to make a difference in our community:

- Chevron Houston Marathon Run for a Reason
- Hearts of Hope Dinner
- Hats, Hearts & Horseshoes: A Kentucky Derby Affair

[Read More](#)

Recent Happenings



Fleet Feet
6.16.26



NACG Symposium
6.16.26



CYS Site Visit
6.24.26



*Board President
"Passing the Gavel"*
6.26.26



Grace Presbyterian
Provided Meal
6.27.26



Urban Chef
Experience Camps
6.28.26



Alief ISD Breakfast
6.30.26



Ed Goodwin
Retirement Celebration
6.30.26

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

Donate

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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