



Bo's Place is a nonprofit bereavement center offering grief support services to children, families and adults. Founded in 1990, Bo's Place exists to enhance the lives of those who have experienced the death of a loved one. Bo's Place programs are based on the belief that sharing experiences with others in grief helps individuals navigate the grief journey and move towards hope and healing.

### For more information:

Call 713.942.8339

Email [info@bosplace.org](mailto:info@bosplace.org)

Visit [www.bosplace.org](http://www.bosplace.org)

Like [www.facebook.com/bosplace](https://www.facebook.com/bosplace)

Fax 713.942.2252



Bo's Place

10050 Buffalo Speedway  
Houston, TX 77054



Bo's Place

where  
hearts  
are  
healed.



**THERE IS  
NO CURE  
FOR GRIEF.  
BUT WITHIN EACH OF  
US IS THE CAPACITY TO  
HEAL A BROKEN HEART.**

**Grief is both a universal experience  
and a uniquely individual experience.**

**The death of a family member or  
friend is something all of us will  
face at some point, but how each of  
us responds to that loss will be very  
different. At Bo's Place, we believe  
that while each individual must be  
free to grieve in their own way, no one  
needs to grieve alone.**

**Bo's Place grief support services offer  
compassion, support, remembrance,  
acceptance, understanding, warmth,  
sharing, empathy, tenderness,  
kindness, comfort, solace,  
encouragement, hope...  
and healing.**

## **grief support groups**

Grief support groups at Bo's Place are designed to provide bereaved children, families and adults a safe place to express their thoughts and feelings in an honest way with others on a similar journey. This process cultivates courage, instills hope, and fortifies those in grief so that, even in the midst of sorrow, there is rediscovered joy and renewed hope for the future.



**It is in these groups that the “magic” of Bo's Place happens.**

### **LIGHT family groups**

LIGHT (Looking Inward Grieving Healing Together) Family Groups are for children, ages 5-18, and their families who have experienced the sudden and unexpected death of a child or parent. These groups meet weekly for nine weeks. Families completing a LIGHT Group may transfer to an ongoing group.

### **ongoing family groups**

Ongoing Family Groups are for children, ages 5-18, and their families who have completed LIGHT or for those who have experienced an anticipated death of a child or parent. These groups meet twice a month and families may participate for as long as they feel it is helpful as they progress on their grief journey.

### **adult groups**

Adult Groups meet weekly for nine weeks and are comprised of adults of any age who have experienced the death of a significant person in his or her life, whether child, parent, grandchild, spouse, partner, relative or friend.

### **young adult groups**

Young Adult Groups are comprised of men and women ages 18-30 who have experienced the death of a significant person in his or her life. Young Adult Groups are ongoing and meet twice a month.

### **little friends groups**

Little Friends Groups are designed for preschool children, ages 3 and 4, who have experienced a death in their immediate family. Children attend weekly for eight weeks with a parent or guardian.

### **pregnancy loss groups**

Pregnancy Loss Groups are for women who have experienced the perinatal death of a child or children. These groups meet weekly for eight weeks.

### **Spanish-language groups**

Spanish-Language Groups for children and their families and for adults are available at Bo's Place as well as at offsite locations.

### **offsite groups**

Bo's Place offers a limited number of offsite grief support groups in both English and Spanish.

### **special grief programs**

Other special grief support programs such as family night, scrapbooking, parents night out, summer activity days for children, and a weekend bereavement camp are offered to participants in Bo's Place grief support groups.

## **information and referral line**

The Information and Referral Line at Bo's Place offers a compassionate ear for those who seek information about the grief process, about Bo's Place grief programs, or about other community grief support resources. Clinicians answer calls and inquiries from those who have experienced a death, as well as from family, friends, co-workers or other concerned individuals who want guidance as to how to support the bereaved.

*The Information and Referral Line is accessible Monday through Friday during business hours.*

## **community education and training**

Bo's Place offers Community Education and Training opportunities for professionals and volunteers working to support those in grief. Workshops and trainings, conducted by clinical staff and/or field experts, can be customized for a variety of audiences including:

- **Medical and Social Service Professionals**
- **School Personnel**
- **Faith-Based Communities**
- **Community Organizations and Volunteer Groups**

Bo's Place training programs seek to increase understanding of the grief process and to offer guidance about how to support the bereaved. Offerings range from short presentations about Bo's Place grief support to full day continuing education workshops for professionals.

*Contact Bo's Place for information on upcoming workshops or to schedule a presentation. Trainings are available both at Bo's Place and offsite. Most Bo's Place educational opportunities are offered free of charge. Continuing Education Units (CEUs) are available at some workshops for a minimal fee.*



*All grief support groups are offered free of charge through the generosity of Bo's Place contributors. Groups are overseen by Bo's Place clinicians and led by trained volunteer facilitators. Contact Bo's Place for more information, schedules and locations.*