



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.**



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

Visit www.bosplace.org

Like www.facebook.com/bosplace

Fax 713.942.2252



Bo's Place

10050 Buffalo Speedway
Houston, TX 77054



Bo's Place

**where
hearts
are
healed.**

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

Looking Inward Grieving and Healing Together

LIGHT is a group for families that have experienced the death of a child or the sudden, unexpected death of a parent. LIGHT meets once a week for nine consecutive weeks. All the families begin the group together on the same night and end at the same time. Upon the conclusion of LIGHT, families may transfer to an ongoing group.

Language: English

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 parent. Ongoing Family Groups meet two times a month, and a family may attend for as long as they find the program helpful. This means that families join the group over time and leave over time, with most families staying between one and three years.

There are separate groups for families who have experienced parent/partner loss and for those who have experienced sibling/child loss. Additionally, within each of these there are separate groups for adults and for children.

Languages: English and Spanish

Adult Groups

These groups are open to adults of any age who have experienced the death of a significant person in their life. This group can include individuals with adult children, those without any children or adults with children who did not know the person who died. They meet once a week for nine consecutive weeks.

Language: English

Young Adult Groups

This group is open to adults between the ages of 18 and 30 who have experienced the death of a significant person in their life. They meet once a week for nine consecutive weeks.

Language: English

Little Friends Groups

This is a support group for families with children in preschool (ages three to five) who have experienced the death of a parent, sibling or grandparent. The group meets once a week for eight weeks.

Language: English

Pregnancy Loss Groups

This group is available to mothers who have experienced the death of an infant, a miscarriage or a stillbirth. The group meets once a week for seven consecutive weeks.

Languages: English and Spanish

School-based Groups

This group is available to schools that have pre-identified bereaved children who would not be able to access Bo's Place Family Support Groups or groups that serve Hispanic/Latino students. The group meets once a week for seven weeks. Groups are scheduled throughout the year at a time agreed upon by Bo's Place and the school. Bo's Place has limited capacity to run school-based groups and they are scheduled on a first come, first served basis.

Language: English

Special Grief Programs

For currently enrolled families

Other special grief support programs, such as Family Night, Scrapbooking, Parents' Night Out, Summer Activity Days for children, Camp Healing Hearts, Retiro Sanando Corazones, and a Moms' Retreat, are offered to participants in Bo's Place grief support groups.

Languages: English and Spanish

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.

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.

