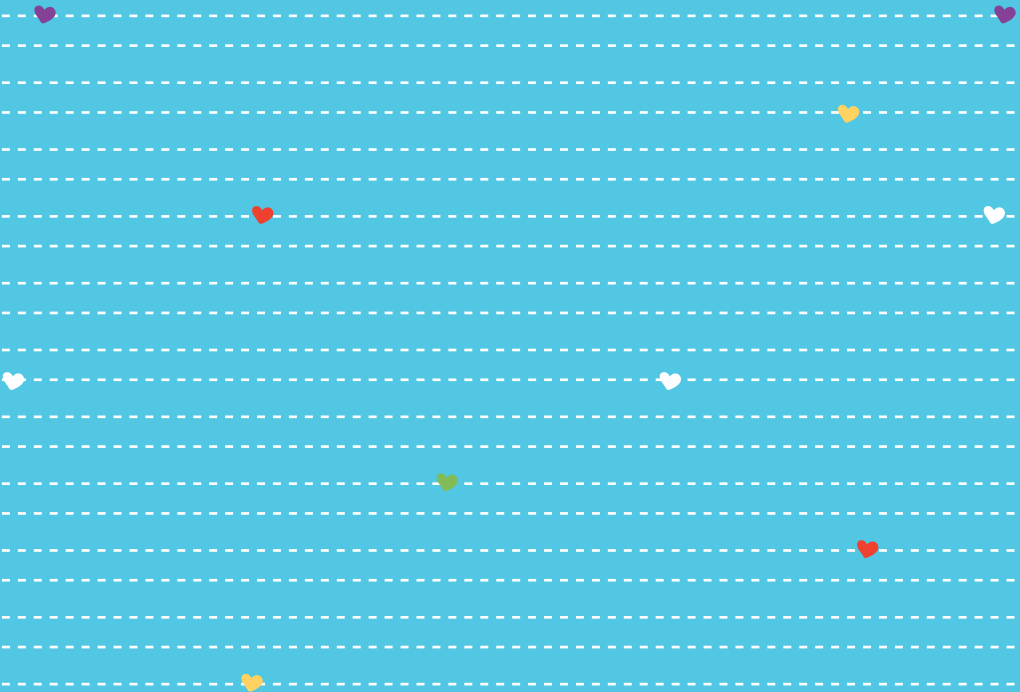



There is no cure for grief.

But each of us has the ability to support grieving families on their journey to hope and healing.



Bo's Place





Grief is both a universal and a uniquely individual experience.

The death of a family member or friend is something all of us will face, 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.

It is not uncommon to feel at a loss or uncertain about how to comfort a grieving friend, family member or colleague. Many struggle to find the right words to say, wanting to help, but not intrude or be insensitive. What matters most is that you express your genuine concern and your sincere desire to help those who have experienced the death of a loved one as they navigate their grief journey.



Tips from Bo's Place families:

- ♥ Speak in the present tense. “When is Johnny’s birthday?”
- ♥ When with a grieving family member, use the name of the person who died.
- ♥ Offer comfort with a hug.
- ♥ Ask how they are doing and listen. Without passing judgment or giving advice, just listen.
- ♥ Acknowledge what happened and know it is okay to use the “d” words—died or death.
- ♥ Reach out on special days...birthdays, anniversaries and holidays.
- ♥ Don’t put the burden to ask for help on a grieving family. Just do it. Even the little things matter. Drive the kids to and from soccer practice, wash the laundry, mow the yard or cook a meal.
- ♥ Help find ways to honor a loved one’s memory.
- ♥ Show up. There will be good, bad, and ugly times. Through it all, your just being there is a big comfort.
- ♥ Stay connected. Check in regularly, long after the funeral.
- ♥ Share your favorite memories. Telling stories about, and remembering, loved ones is normal and healthy.
- ♥ Include or invite a bereaved family to do things. They will probably say no for a long time. Be patient. Don’t give up.
- ♥ Respect the way someone is grieving because there is no right or wrong way. Grief is not a problem you can solve, but a rollercoaster-like process you must go through at your own pace and on your own terms.

If you or someone you know is struggling with their grief, there is a place in our community to go for support and that place is Bo's Place.

Bo's Place is a nonprofit bereavement center that provides support groups, information and referrals, as well as community outreach and education to meet the needs of grieving children, families and adults. Grief support services are provided free of charge and are available in English and Spanish.

At Bo's Place, we believe that sharing experiences with others in grief helps individuals move towards hope and healing.



Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.

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