

## Pet Loss Support Group



How do I cope when my best friend is gone? Who Can I talk to?  
Please use this brochure as a guide.

Many different situations can result in the loss of a pet and bring on the associated grief: death of the pet, divorce or separation, disappearance of the pet, or inability to keep the pet for some reason.

Losing a pet or the thought of losing a pet can be a very painful, confusing and frightening experience. An important part of your life is gone and you may be unsure about how to cope with your feelings.

By meeting with others in the Pet Loss Support Group you can begin to answer some of your questions and learn ways to cope with the pain. The Pet Loss Support Group is available at no charge to anyone who needs it.

You do not need to call before attending and you may come to as few or as many sessions as you wish.

### Questions and Feelings You May Have

Why do I feel so depressed and lost?

I didn't cry this much when my grandmother died. What's wrong with me?

How can I think of ending my pet's life?

How will I know when the time is right?

How am I going to explain this to my children?

How long 'til I'm "over it?"

I feel so guilty!

### Reading List

"Coping with Sorrow on the Loss of Your Pet" Anderson, Moira K.

"The Fall of Freddy the Leaf" Buscaglia, Leo.

"Joy in a Woolly Coat" Church, Julie Adams.

"A Journey Through Unconditional Love and Grief" Ellis, Coleen.

"Losing Your Dog" Gustafson, Mickie.

"A Snowflake in My Hand" Moody, Samantha.

"When a Pet Dies" Rogers, Fred.

"The Loss of a Pet" Sife, Wallace.

"Men and Grief" Staudacher, Carol.

### Pet Loss Support Group

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month  
7:00 PM until 8:30 PM

### Villa Angela Care Center

5700 Karl Road, Columbus, Ohio  
Just South of Route 161  
(also known as Dublin-Granville Road)  
Well lighted parking lot,  
wheelchair accessible, nice meeting room,  
on a bus line.

For more information contact Dorothy Hall  
(614) 895-3416 or djhall2451@att.net