You may have many questions about the loss, or anticipated loss, of your pet. Know that others who attend our group have similar questions, concerns and emotions like yours. Having answers and being in the company of people who understand can be very helpful. We are here for you. Please join us.

Questions and Emotions to Explore:

- How to find answers and how to cope with confusing and difficult decisions
- End-of-life choices: What is euthanasia? What is hospice care for animals?
- The feeling that losing a pet is like losing a member of the family
- Extended grieving for an animal you lost some time ago
- Why we often feel guilty at the death of our pets
- How to talk to children about pet loss
- How to take care of your pet’s remains
- How you might memorialize your pet
- Whether to bring another pet into your life

Suggestions for Self-Care

Your system gets out of balance when you suffer with major grief. You need to take extra good care of yourself.

- Reach out — don’t be alone with your grief
- Talk only with people you feel understand you
- Participate in a pet loss support group, join an online chat group focusing on pet loss
- Get plenty of rest
- Even if you’re not hungry, eat something nutritious every day
- Drinking alcohol or using other drugs can intensify feelings of depression
- Help yourself feel refreshed by washing your face and brushing your teeth
- Take one day at a time. Decide that it is okay to feel better and to bring another animal into your heart

If your emotions become overwhelming, talk with a person you trust who will help you get into a calmer place. If you ever feel like life is not worth living without your pet, call the National Lifeline any time, day or night: 1-800-273-8255