



# PET LOSS & GRIEF

## 5 STAGES OF GRIEF

**DENIAL** - This can't be happening to me/my pet!

**ANGER** - Why me? This isn't fair!

**BARGAINING** - If I could just have more time, find the best cure, do something to change the outcome.

**DEPRESSION** - The grief and sadness can be overwhelming.

**ACCEPTANCE** - My pet is now in a better place or has crossed the Rainbow Bridge.

In addition to talking with others, doing something often helps us work through our grief. By doing something positive during this time of sadness, we expand our focus by celebrating the life of the pet. Activities which may help include:

- Planting flowers or a tree in memory of the pet
- Making a charitable donation
- Holding a funeral or memorial service
- Placing your pet's nametag on your keyring
- Drawing a picture, making a clay sculpture or doing needlework of something that reminds you of your pet (you could do this yourself, or have it done by a professional), writing a poem, song, story
- Creating a memorial photo album or scrap book
- Writing a letter to your pet
- Framing a photograph
- Volunteering your time

## RESOURCES

[www.valleypetloss.com](http://www.valleypetloss.com)

Valley Pet Loss Center in Livermore

[www.sagecenters.com](http://www.sagecenters.com)

Sage Pet Caregiver Support Group in Dublin

[www.pet-loss.net](http://www.pet-loss.net)

Pet Loss Support Page

[www.aplb.org](http://www.aplb.org)

Association for Pet Loss and Bereavement

[www.chancespot.org](http://www.chancespot.org)

Chance's Spot

Tri-Valley Community Pet Loss Support Group

Meets the 2nd and 4th Monday of each month in Pleasanton from 7pm to 8:30pm.

925-307-6511 or 925-216-2569

## BOOKS:

Dog Heaven or Cat Heaven

by Cynthia Rylant

Desser the Best Ever Cat

by Maggie Smith