

ONLINE RESOURCES

Pet Loss Support Page
www.pet-loss.net

Association for Pet Loss & Bereavement
www.aplb.org

Argus Institute Grief Resources
www.argusinstitute.colostate.edu

BOOKS

Grieving the Death of a Pet
by Betty J. Carmack

Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet
by Gary A. Kowalski

Pet Loss: A Thoughtful Guide for Adults & Children
by Herbert A. Nieburg, Ph.D & Arlene Fischer

The Loss of a Pet
by Wallace Sife, Ph.D

ESPECIALLY FOR CHILDREN

Dog Heaven or Cat Heaven
by Cynthia Rylant

Lifetimes: The Beautiful Way to Explain Death to Children
by Bryan Mellonie & Robert Ingpen

The Tenth Good Thing About Barney
by Judith Viorst

When a Pet Dies
by Fred Rogers

We provide comprehensive specialized care for your pet through the integration of science and compassion.

CAMPBELL

907 Dell Avenue
Phone: (408) 343-7243
Fax: (408) 385-3680

CONCORD

1410 Monument Boulevard
Phone: (925) 627-7243
Fax: (925) 771-1181

DUBLIN

7121 Amador Plaza Road
Phone: (925) 574-7243
Fax: (925) 771-3043

REDWOOD CITY

934 Charter Street
Phone: (650) 417-7243
Fax: (650) 344-4714



SAGE

CENTERS FOR
VETERINARY SPECIALTY
AND EMERGENCY CARE

www.sagecenters.com



Pet Loss & Support

Coping with the death of a pet can be as difficult as coping with the death of a human family member. Grief is a normal and healthy emotion that accompanies the loss of a loved one, and we should never minimize, suppress, or simply ignore our feelings of bereavement. Remember that your sorrow is valid. There is no right or wrong way for people to feel as they grieve the loss of their pet; each person will experience loss and grief in his or her own way.

Pets are important members of the family. When your family has experienced the loss of a pet, it is important to understand that each family member has their own special relationship with the pet and that each person may react to the stress of this situation differently. We should remember to respect and care for each other during this difficult time.



**FRIEND, CONFIDANT
& COMPANION**

**PETS TOUCH OUR LIVES
LIKE NO ONE ELSE.**



Deciding to euthanize a pet can be one of the hardest and most complex decisions we make in our lives. Your decision is a personal one, but your veterinarian and your family and friends can assist you and support you during this difficult time. Consider not only what is best for your pet, but also what is best for you and your family. The quality of life is important for pets and their caregivers.

Every person has a unique way of grieving and his or her own personal timeline for emotional recovery. The support of friends and family may be sufficient to guide some of us through difficult times and as we experience the different stages of grief. Other individuals may benefit from local support groups or individual counseling as they experience their grief.

At SAGE, we offer monthly Pet Caregiver Support Groups in Campbell and Redwood City. Please contact our group facilitator, Aileen Snodgrass, LMFT, at (650) 931-8535 if you would like more information, or are in need of our pet caregiver support services.

RESOURCES

SUPPORT GROUPS

SAGE Pet Caregiver & Grief Support Group
Campbell - 2nd Wednesday of every month
Redwood City - 3rd Wednesday of every month
7:00 pm - 8:30 pm
www.sagecenters.com

**Peninsula Humane Society
Pet Loss Support Group**
www.phs-spca.org

San Francisco SPCA Pet Loss Support Group
www.sfspca.org

Hope Hospice
www.hopehospice.com

**Tony La Russa's Animal Rescue Foundation
Pet Loss Support Group**
www.arlife.org



**YOUR PET IS A PURE
EXPRESSION OF LOVE.**

**IT IS ONLY NATURAL TO
FEEL PAIN IN YOUR LOSS.**