

*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



# Pet Loss & Support



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

**P**ets are important members of the family, and 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. We should remember to respect and care for each other during this difficult time.

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.

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 for more information, or if you are in need of our pet caregiver support services.



FRIEND, CONFIDANT  
& COMPANION

PETS TOUCH OUR LIVES  
LIKE NO ONE ELSE.

## SUPPORT GROUPS

**SAGE Pet Caregiver & Grief Support Group**  
Campbell - 2<sup>nd</sup> Wednesday of every month  
Redwood City - 3<sup>rd</sup> Wednesday of every month  
7:00 pm - 8:30 pm

**Peninsula Humane Society  
Pet Loss Support Group**  
[www.phs-spca.org](http://www.phs-spca.org)

**San Francisco SPCA Pet Loss Support Group**  
[www.sfspca.org](http://www.sfspca.org)

**Tony La Russa's Animal Rescue Foundation  
Pet Loss Support Group**  
[www.arflife.org](http://www.arflife.org)

## ONLINE RESOURCES

**Association for Pet Loss & Bereavement**  
[www.aplb.org](http://www.aplb.org)

**Argus Institute Grief Resources**  
[www.argusinstitute.colostate.edu](http://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

**Coping with Sorrow: On the Loss of Your Pet**  
by Moira K. Anderson

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

## ESPECIALLY FOR CHILDREN

**Dog Heaven or Cat Heaven**  
by Cynthia Rylant

**The Tenth Good Thing About Barney**  
by Judith Viorst

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