

HOSPICE *of the* VALLEY

Bereavement Literature

KEY POINTS ABOUT PET LOSS

Grief is a universal response to significant loss.

How we express grief varies among individuals.

We all get through it in personally meaningful ways.

Certain feelings and behaviors are typical, but not universal, such as crying, anger, guilt, disinterest, trouble concentrating, relief that the animal's suffering is over, or disrupted sleep and eating patterns.

Certain emotions are common, such as longing for your animal, or believing that you've seen, felt, smelled or heard your lost pet.

The course of grief is unpredictable and uneven, with no specific time frame.

Everyone's grief pattern differs, even among family members.

Memorializing helps, such as writing about your pet; making an album or scrapbook; planting something in your garden as a living memorial; having a memorial service or funeral; or making a donation to a charitable animal organization in your pet's name.

Additional support is available if you need it:

- Hospice of the Valley's online **Grief Healing Discussion Groups** includes a forum for **Loss of a Pet**, at www.hovforum.ipbhost.com.
- **Pet Loss Telephone Helplines**, staffed by volunteers at various hours all across the country, are listed on the American Veterinary Medical Association's Web site: www.avma.org/careforanimals/animatedjourneys/goodbyefriend/plhotlines.asp
- The **Pet Loss Support Group** meets at Hospice of the Valley on the first Saturday of the month, from 9 a.m. to 10:30 a.m. Please call the Bereavement Office at 602-530-6970 for further information.

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