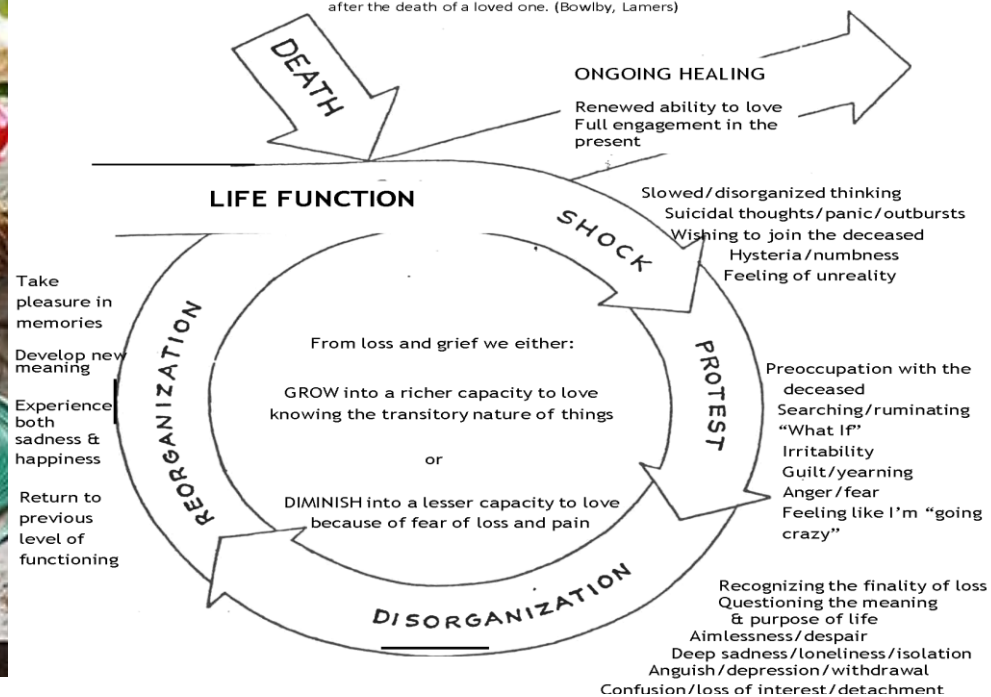




The GEI grief wheel represents the grief and growth cycle that occurs after the death of a loved one. (Bowlby, Lamers)



What You May Experience Emotionally:

- Everything reminds you of your pet, and you may experience seeing or hearing your pet
- Feeling distanced from others, as if no one understands or cares
- Questioning the meaning of life and mortality; re-evaluating your priorities in life
- Worrying about others you love dying
- Afraid to love again, fear of pain and loss

What May Help to Soften the Pain

- Talking to family, friends, co-workers, a support group and/or a counselor
- Writing about your pet and about your feelings in a journal
- Creating a funeral/memorial service; sharing memories, and sharing your pain
- Being extra kind to yourself; practice self-care, rest, get a massage, bubble bath, exercise, visit with friends
- Setting up a memorial in your pet's honor, and/or creating a ritual to repeat every year

Why can it hurt so much when a pet dies?

- Your pet is a source of unconditional love and appreciation
- A pet becomes part of who you are; an alter-ego, child, and/or companion
- Many times, places, feelings, thoughts and events are associated with your pet
- Each of you gave the other a great deal of emotional support
- Losing a pet is like losing a part of yourself

What You May Experience Physically:

- Crying
- Dry mouth, difficulty in swallowing
- No appetite, or over-eating
- Sleep disturbances
- Aching heart, chest pains, and/or an empty, hollow feeling
- Lack of energy and motivation
- Unable to concentrate, forgetfulness
- Sensitivity to loud noises

Suicidal Thoughts? Call the National Hotline at 1-800-273-8255 or text CONNECT to 741741

You are not alone

Losing an animal companion may be one of the most devastating and painful experiences we humans ever face. Intense grief is a normal response to significant loss. By acknowledging our feelings and giving ourselves permission to grieve, we begin the healing process.

There are people who care

The **Pet Loss Support Group** is a safe and supportive environment where individuals can come to process the grief occurring from the loss or anticipated loss of a beloved animal companion. The 501(c)3 non-profit **Human-Animal Bond Trust** has been providing these weekly, free-of-charge sessions, facilitated by a licensed professional, since 1988.

Please join us

****Due to the continued public health concerns surrounding covid-19, the Pet Loss Support Group now meets virtually every Thursday from 6:30-8:00 PM with two meeting options: Phone Dial-in: 1-346-248-7799 Meeting ID: 872 4469 3846 Passcode: 4763612765 OR visit: www.petlossdenver.org for the Zoom meeting link. Please note we will update our website and meetup.com if and when we return to in-person groups.****

Find us online



www.meetup.com/Denver-Pet-Loss-Support



www.facebook.com/HumanAnimalBondTrust

Sorrow is not forever; love is.



The Pet Loss Support Group



www.petlossdenver.org

(303) 539-7646

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