

## Coping with the Loss of Your Beloved Pet

We understand how difficult it is to say goodbye to a cherished companion. Losing a pet is a profound loss, and grief can take many forms. You may feel sadness, loneliness, or even guilt—these emotions are all a natural part of the healing process.

There is no right or wrong way to grieve, and everyone experiences loss differently. Please be kind to yourself and allow time to process your emotions. If you need support, you are not alone. There are many resources available to help you navigate this journey.

For guidance, grief support, and ways to honor your pet's memory, please visit:

[www.honoryourpet.ca/grief-and-loss-support/](http://www.honoryourpet.ca/grief-and-loss-support/)

If you ever need someone to talk to, reach out to a trusted friend, family member, or pet loss support group. Your pet was deeply loved, and their memory will always remain in your heart.

With deepest sympathy,

**The Tsolum Vet Team**

### Additional resources:

How to help a child grieving the loss of a pet

<https://www.winstonswish.org/how-to-help-a-child-grieving-the-death-of-a-pet/>

How to cope with the loss of a beloved pet

<https://spca.bc.ca/news/grieving-loss-pet/>

The Center for Pet Loss Grief

<https://centerforpetlossgrief.com>

Association for Pet Loss and Bereavement

<https://www.aplb.org> \*This site does ask you to join but the membership is free

