

# *Companion Animal Association of Arizona, Inc.*



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## **KEY POINTS ABOUT GRIEVING FOR YOUR PET**

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 suffering is over, or disrupted sleep and eating patterns.

Certain emotions are common, such as longing for your pet, 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. The Pet Grief Support Service Helpline is available to you at no cost, at 602-995-5885.

The Pet Grief Support Group meets on the first Saturday of the month, from 9 a.m. to 10:30 a.m. Please call the Pet Grief Support Service Helpline, at 602-995-5885 further information.

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