

Forever Paws



*Support
Group*

***ADULT SUPPORT
MEETINGS***

*Led by
Dot Nelson,
Veterinary Technician*

**Location:
Northland Terrace Estates
1200 Northland Terrace Lane
Marinette, WI 54143**

**The Support Group will
meet the 1st Tuesday of
every month from
6:30 - 7:30pm**

*The confidentiality of program
attendees is respected at all times*

What Forever Paws Support Group is about...

We offer guidance and support throughout the year to anyone who has experienced the death of a pet, pending death, or disappearance of a pet.

This support group is here to help understand the process of grief. We talk about your experiences, memories, holidays and special times shared with your pet. We laugh, cry, and most importantly, we listen.

"Emotional Release From the Attachment is gained by reliving and reviewing the entire relationship. The stories must be told and retold until the emotions are released loosened and transformed. Remembering without pain is possible. Death ends a life but not a relationship. The new relationship continuously reshapes itself to bring comfort to the living."

(Author Unknown)

Helpful Books

Pet Loss: A thoughtful guide for adults and children *by Herbert Nieburg*

When your Pet Dies: How to cope with your feelings *by Jamie Quackenbush*

Coping with Sorrow on the Loss of Your Pet *by M. Anderson*

Goodbye My Friend
by M. Montgomery & H. Montgomery

The Loss of a Pet *by W. Sife*

Goodbye Dear Friend: Coming to terms with the death of a pet
by Virginia Ironside

For Children

Cat Heaven *by Cynthia Rylant*

Dog Heaven *by Cynthia Rylant*

Charlotte's Web *by E.B. White*

The Tenth Good Thing About Barney
by Judith Viorst

When a Pet Dies *by Fred Rogers*

Oh, Where has my Pet Gone? A pet loss memory book, ages 3-103 *by S. Sibbitt*



Artwork by Lityann Ficca

TIPS

for preparing for the loss of a pet

TALK TO YOUR PET. Take time to say all the things that you want your pet to know, even if they have been said a million times before.

THINK AHEAD ABOUT HOW YOU WANT TO SAY GOODBYE. There is no right way to say goodbye. Decide what is important to you. What would you like to do to celebrate your pet's life and honor his or her death?

TALK TO YOUR VETERINARIAN. Some people may find comfort in better understanding the euthanasia process. How is it done? Can you be present during the procedure? Express your fears, concerns, and needs. Learn what to expect if your animal is elderly and may die a natural death at home.

CREATE LINKING OBJECTS. Linking objects are things that keep us "linked" to our loved ones after they have died, such as your favorite photos.

HONOR YOUR GRIEF. Be gentle with yourself before, during and after the death of a pet. Grief is taxing. Don't expect that you will be able to handle things as you normally do.

REACH OUT FOR SUPPORT IF NECESSARY. Ask for and accept help from those who love you and understand the bond you shared with your pet. Seek guidance from veterinary professionals and mental health professionals when needed.

DETERMINE HOW YOU WILL HANDLE YOUR PET'S BODY AFTER DEATH. Cremations and burial are the most common forms. Planning ahead will help you make decisions that you are likely to be comfortable with over time.

IF YOU DECIDE TO GET ANOTHER PET. Avoid comparisons between a new puppy or kitten and memories of your departed pet.