

# Pet Loss Resources



Losing a beloved pet is an emotional and deeply personal experience. At Nebraska Pet Hospice, we support families not only through end-of-life care, but also through the grief that follows. Seeking support can be an important part of healing. The following resources - coping strategies, grief counselors, books, and websites—are here to offer comfort, guidance, and connection.

## Local Grief Resources

<b>Nebraska Humane Society</b>	<i>Offers a monthly in-person pet loss support group. Meets first Tuesday each month 6:30 - 7:30pm, NHS Friends Forever Room</i>	<a href="#">Nebraska Humane Society Calendar of Events</a>
<b>A Friendly Ear &amp; Insightful Therapy - Jodi L. Gentleman, LCSW, LIMHP, LISW</b>	<i>Provides counseling services including support for pet loss grief. Located in Omaha, telehealth appointments are available.</i>	<a href="#">A Friendly Ear &amp; Insightful Therapy website</a>
<b>The Collective for Hope</b>	<i>Located in Omaha, offers a monthly online pet loss group for adults. Meets via Zoom first Friday each month, 3:00 - 4:30pm.</i>	<a href="#">Online Pet Loss Group Intake Form</a> <a href="#">The Collective for Hope website</a>
<b>Mourning Hope Grief Center</b>	<i>Primarily focused on human loss, they offer resources on pet loss grief. Located in Lincoln.</i>	<a href="#">Mourning Hope website</a>

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## Coping with Anticipatory Grief and Pet Loss Grief



### Understanding Your Grief

**Anticipatory Grief** happens when you know your pet's time is limited and you begin to mourn the changes and the impending loss.

**Pet Loss Grief** follows the death of your beloved companion and may include sadness, guilt, loneliness, anger, or even relief. All of these are valid.

### Coping Strategies

#### 1. Give Yourself Permission to Grieve

*Grief is a natural response to loss. You may feel waves of emotion—sometimes unexpectedly. Let yourself feel without judgment.*

#### 2. Stay Present with Your Pet

*During anticipatory grief, focus on quality time. Create gentle, joyful experiences together, even if that means just sitting close, sharing treats, or a favorite routine.*

#### 3. Capture Memories

*Take photos, make paw prints, save fur clippings, or write down favorite stories and quirks. These tokens often bring comfort later.*

#### 4. Express Your Feelings

*Write in a journal. Talk to someone you trust. Speak out loud to your pet. It's okay to cry or say what you're thinking.*

#### 5. Include the Whole Family

*Children and surviving pets grieve too. Let them be part of memorial rituals and encourage open conversations about emotions.*

#### 6. Seek Connection

*Grief can feel isolating, but you're not alone. Join a pet loss support group, connect with others online, or talk with a therapist who understands pet loss.*

#### 7. Take Care of Your Body

*Eat nourishing foods, hydrate, move gently, and try to rest. Your body carries your grief too.*

#### 8. Create Meaningful Rituals

*Hold a private or shared memorial. Light a candle. Plant a flower or tree. These acts can offer comfort and a sense of closure.*

#### 9. Let Go of Guilt

*If you're facing a decision about euthanasia, know that choosing peace and comfort for your pet is an act of love, not failure.*

#### 10. Ask for Help When You Need It

*You don't have to navigate this alone. We're here to support you.*

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## Online & Telephone Resources

<b>Association for Pet Loss and Bereavement (APLB)</b>	<i>A nonprofit offering free chat rooms, support groups, and a wealth of resources.</i>	<a href="#">APLB website</a>
<b>The Pet Loss Support Page</b>	<i>Resources for grief and pet loss, including listing virtual pet loss support groups.</i>	<a href="#">Pet Loss Support Page website</a>
<b>Pet Loss Community</b>	<i>Provides free resources, group support and one-on-one assistance.</i>	<a href="#">Pet Loss Community website</a>
<b>Cornell University Pet Loss Support Hotline</b>	<i>Support hotline staffed by veterinary students trained to listen and support grieving pet owners.</i>	<a href="#">Cornell University website</a> <a href="#">607-218-7457</a>
<b>Ohio State University Veterinary Medical Center</b>	<i>Provides resources and support including a list of hotlines, online support groups and suggested readings.</i>	<a href="#">OSU VMC website</a>
<b>Argus Institute at Colorado State University</b>	<i>Offers resources, including individual counseling and community grief support groups.</i>	<a href="#">CSU Argus Institute website</a>
<b>Best Friends Animal Society</b>	<i>Offers resources, including support groups, hotlines, books, and videos.</i>	<a href="#">Best Friends website</a>
<b>Losing Lulu</b>	<i>A grief support community for behavioral euthanasia.</i>	<a href="#">Losing Lulu website</a>
<b>Pet Parent Grief Line</b>	<i>24/7 Grief Counseling, Free to Pet Parents</i>	<a href="#">844-472-9588</a>

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## Books for Adults

<b>The Loss of a Pet: A Guide to Coping with the Grieving Process When a Pet Dies</b>	<i>Wallace Sife</i>	<a href="#"><u>The Loss of a Pet</u></a> Amazon link
<b>Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet</b>	<i>Gary Kowalski</i>	<a href="#"><u>Goodbye, Friend</u></a> Amazon link
<b>When Your Pet Dies: A Guide to Mourning, Remembering and Healing</b>	<i>Alan D Wolfelt</i>	<a href="#"><u>When Your Pet Dies</u></a> Amazon link
<b>Coping with Sorrow on the Loss of Your Pet</b>	<i>Moira Anderson Allen</i>	<a href="#"><u>Coping with Sorrow</u></a> Amazon link
<b>The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Groups</b>	<i>Ken Dolan-Del Vecchio and Nancy Saxton-Lopez</i>	<a href="#"><u>The Pet Loss Companion</u></a> Amazon link
<b>Only Gone From Your Sight: Jack McAfghan's Little Guide to Pet Loss and Grief</b>	<i>Kate McGahan</i>	<a href="#"><u>Only Gone From Your Sight</u></a> Amazon link
<b>Cold Noses at the Pearly Gates: A Book of Hope for Those Who Have Lost a Pet</b>	<i>Gary Kurtz</i>	<a href="#"><u>Cold Noses</u></a> Amazon link
<b>Angel Pawprints: Reflections on Loving and Losing a Canine Companion</b>	<i>Laurel E. Hunt</i>	<a href="#"><u>Angel Pawprints</u></a> Amazon link
<b>The Amazing Afterlife of Animals: Messages and Signs From Our Pets On The Other Side</b>	<i>Karen Anderson</i>	<a href="#"><u>The Amazing Afterlife of Animals</u></a> Amazon link
<b>Being Mortal</b>	<i>Atul Gawande</i>	<a href="#"><u>Being Mortal</u></a> Amazon link

# Pet Loss Resources



## Books For Children

<b>The Tenth Good Thing About Barney</b>	<i>Judith Viorst</i> Ages 6-9	<a href="#"><u>The Tenth Good Thing</u></a> <a href="#">Amazon link</a>
<b>When a Pet Dies</b>	<i>Fred Rogers</i> Ages 4-8	<a href="#"><u>When a Pet Dies</u></a> <a href="#">Amazon link</a>
<b>The Invisible Leash</b>	<i>Patrice Karst</i> Ages 4-8	<a href="#"><u>The Invisible Leash</u></a> <a href="#">Amazon link</a>
<b>Big Cat, Little Cat</b>	<i>Elisha Cooper</i> Ages 3-7	<a href="#"><u>Big Cat, Little Cat</u></a> <a href="#">Amazon link</a>
<b>The Rough Patch</b>	<i>Brian Lies</i> Ages 4-8	<a href="#"><u>The Rough Patch</u></a> <a href="#">Amazon link</a>
<b>Dog Heaven</b>	<i>Cynthia Rylant</i> Ages 3-8	<a href="#"><u>Dog Heaven</u></a> <a href="#">Amazon link</a>
<b>Saying Goodbye to Lulu</b>	<i>Corrine Demas</i> Ages 5-9	<a href="#"><u>Saying Goodbye</u></a> <a href="#">Amazon link</a>
<b>The Goodbye Book</b>	<i>Todd Parr</i> Ages 3-6	<a href="#"><u>The Goodbye Book</u></a> <a href="#">Amazon link</a>
<b>Lifetimes: The Beautiful Way to Explain Death to Children</b>	<i>Bryan Mellonie</i> Ages 5-10	<a href="#"><u>Lifetimes</u></a> <a href="#">Amazon link</a>

# Pet Loss Resources



## Books for Parents of Grieving Children

<b>Talking About Death - A Dialogue Between Parent and Child</b>	<i>Earl A. Grollman</i>	<a href="#"><u>Talking About Death</u></a> Amazon link
<b>When Children Grieve</b>	<i>John W. James and Russell Frieman</i>	<a href="#"><u>When Children Grieve</u></a> Amazon link
<b>Healing a Child's Grieving Heart</b>	<i>Alan Wolfelt</i>	<a href="#"><u>Healing a Child's Grieving Heart</u></a> Amazon link

# Helping Pets Cope with Loss

<b>Ohio State University Veterinary Medical Center</b>	<i>Provides information and resources about the grieving companion animal</i>	<a href="https://vmc.vet.osu.edu/sites/default/files/documents/do_animals_grieve_2024.pdf">https://vmc.vet.osu.edu/sites/default/files/documents/do_animals_grieve_2024.pdf</a>
<b>Argus Institute at Colorado State University</b>	<i>Provides information and resources about the grieving companion animal</i>	<a href="https://vetmedbiosci.colostate.edu/vth/animal-health/how-animals-grieve/">https://vetmedbiosci.colostate.edu/vth/animal-health/how-animals-grieve/</a>
<b>Dr. Dawnetta Woodruff - blog post on Dr. Buzby's Toe Grips Blog</b>	<i>Provides information and resources about the grieving companion animal</i>	<a href="https://toegrips.com/do-dogs-grieve/">https://toegrips.com/do-dogs-grieve/</a>
<b>VCA Hospitals - Do Dogs Mourn?</b>	<i>Provides information and resources about the grieving companion animal</i>	<a href="https://vcahospitals.com/know-your-pet/do-dogs-mourn">https://vcahospitals.com/know-your-pet/do-dogs-mourn</a>
<b>Book: How Animals Grieve</b>	<i>Barbara J. King</i>	ISBN: 978-0226155203  Amazon link: <a href="https://a.co/d/3CSvJcO">https://a.co/d/3CSvJcO</a>

