

Pet Loss and Bereavement Support

These resources and articles have not been developed by Toronto Humane Society experts, and so we cannot take responsibility for the content or accuracy of the material below. However, each resource has been reviewed and we share them with the hope that anyone struggling with the pain of losing their pet, no matter the circumstance, may find some support and solace during this difficult time in their life.

Association for Pet Loss and Bereavement (APLB)

<https://www.aplb.org/>

- Provides support and education on pet loss, including access to chat rooms facilitated by pet bereavement counselors, self-care tips, and access to a further directory of services
- Their directory can be filtered by country and will give a list of service providers for services such as in-home euthanasia, no-charge support groups and pet loss specialists
- Membership to the website is required, however there is no fee for their “Bronze” level membership, which will allow access to all of the above mentioned services

Halton/Peel Pet Loss Support Group

- Provides free, confidential telephone support for those grieving the loss of a pet
- No website is provided, however they ask for clients to either email petloss@sympatico.ca or leave a message at one of the below to request a call-back from a volunteer;
 - Oakville 905-842-2252
 - Mississauga 905-272-4040
 - Burlington 905-637-5233

Ontario Pet Loss Support Group

<https://ontariopetloss.org/>

<https://www.facebook.com/groups/ontariopetloss/>

- Operating since 1999 providing grief support to Ontarians struggling with pet loss
- Offers free monthly virtual support groups via Zoom
- Also offers some paid services, such as individual counselling, anticipatory grief counselling, webinars and workshops
- Ontario Pet Loss also run a Facebook group offering peer support from others who are experiencing grief relating to pet loss

Ontario Veterinary College (OVC) Pet Trust

<https://pettrust.uoguelph.ca/petlossresources>

- Provides helpful and easy to read guides for pet owners preparing for and coping with pet loss
- Resource also available to help children with the loss of a pet



Ottawa Pet Loss Support Group

<https://www.ottawapetloss.com/>

<https://ottawahumane.ca/your-pet/pet-loss-support-groups/>

- Offers online support for people coping with or anticipating the loss of their pet
- Facilitated by volunteer professionals in veterinary medicine and human health fields
- Pre-registration is required. The service is free but donations are welcome

Pet Bereavement Services

<https://www.petbereavementservices.com/>

- Offers pre and post euthanasia support, along with assistance during euthanasia appointments
- This is a paid service based in Hamilton, although the website states that they are willing to travel

Pet Loss Grief Recovery Specialist

<https://www.petlosscounselling.net/>

- Offers 1:1 online sessions, in-person sessions and online family sessions
- The website states that low income and/or un-insured clients may reach out to discuss payment arrangements

Pet Vet Corner: Coping With the Loss of a Pet – Facebook Support Group

<https://www.facebook.com/groups/739466563141011/>

- Private online group offering peer support from others who are experiencing grief relating to pet loss
- Moderators of this group are veterinary care professionals

Smiling Blue Skies – Books about Pet Loss

<https://www.smilingblueskies.com/resources/pet-loss-support-books-and-resources/>

- Smiling Blue Skies is dedicated to raising canine cancer funding towards research and treatment, however the resource page on their website is filled with book recommendations, including children's books for dealing with grief and loss

The Ralph Site

<https://www.theralphsite.com/>

- UK based not-for-profit website covering topics about euthanasia, grief management and aftercare
- They also run a public and a private Facebook group for owners to share and support each other online
 - <https://www.facebook.com/TheRalphSite/>
 - <https://www.facebook.com/groups/theralphsite/>

Theravive

<https://www.theravive.com/>

- Database of licensed and professional counselors, therapists and psychologists that can be searched by location and speciality, e.g. "Toronto" and "Grief"
- Also provides access to a searchable database of issues and topics related to mental health



Further Resources & Articles

Coping With Losing a Pet

<https://www.helpguide.org/articles/grief/coping-with-losing-a-pet.htm>

Coping With the Loss of Your Cat

<https://www.inst.org/pet-bereavement-courses/coping-with-pet-loss/coping-with-the-loss-of-your-cat.htm>

Dealing With Flashbacks after the Death of Your Pet

<http://theralphsishop.com/pet-loss-flashbacks/>

Do Companion Animals Grieve?

<https://vet.osu.edu/vmc/sites/default/files/import/assets/pdf/hospital/companionAnimals/HonoringtheBond/DoAnimalsGrieveFactSheet.pdf>

Paying Tribute to Your Dog

<https://www.inst.org/pet-bereavement-courses/coping-with-pet-loss/paying-tribute-to-your-dog.htm>

Pet Bereavement Part 1 – Understanding Loss and Euthanasia

<http://www.theveterinaryexpert.com/people-and-pets/pet-bereavement-part-1/>

Pet Bereavement Part 2 – Understanding and Coping with Grief

<http://www.theveterinaryexpert.com/people-and-pets/pet-bereavement-part-2-understanding-and-coping-with-grief/>

The Myth of the Grief Timeline

<http://whatsyourgrief.com/myth-grief-timeline/>

The Rainbow Bridge Poem

<https://www.rainbowsbridge.com/poem.htm>

Traumatic Pet Loss

<https://societyforpsychotherapy.org/traumatic-pet-loss/>

Why it's Fine to Ignore the Five Stages of Grief

<https://www.theralphsite.com/index.php?idPage=95>

6 Considerations for Grieving the Loss of a Pet

<https://whatsyourgrief.com/mans-best-friend-6-considerations-for-grieving-the-loss-of-a-pet/>



Behavioural Euthanasia; Resources & Articles

Euthanasia for Behavioural Issues: A Complicated and Difficult Decision

<https://vet.osu.edu/vmc/sites/default/files/import/files/documents/pdf/vmc/Behavioral%20Euthanasia%20ofact%20sheet.pdf>

Falling Short: Reckoning With Loss and Imperfection

<https://www.startribune.com/falling-short-reckoning-with-loss-and-imperfection/16642751/?refresh=true>

Love, Guilt & Putting Dogs Down

<https://www.patriciamccconnell.com/theotherendoftheleash/love-guilt-putting-dogs-down>

Making the Decision to Euthanize our Behaviour Problem Dog

<https://karenwylie.wordpress.com/2015/01/05/making-the-decision-to-euthanize-our-problem-behavior-dog/>

When Is It Time to Put-Down a Dog Who is Aggressive to People?

<https://www.patriciamccconnell.com/theotherendoftheleash/when-is-it-time-to-put-down-a-dog-who-is-aggressive-to-people>

