



We are very fortunate to live in San Diego. Our community is very pet-focused and due this there are many resources available for pet adoption, care, support, and loss. Grief of the loss of animal can take many forms and if you have ever read *Charlotte's Web* you know the experience of the loss of an animal at a very young age.

Below is a list of resources available to those experiencing pet loss:

- Animals Love and Loss Network, <http://www.alln.org/>
  - Offers support and guidance to those mourning the loss of a beloved family pet. Through the sharing of experiences, pet owners help each other move toward healing as they celebrate the lives of their pets.
- Association for Pet Loss and Bereavement, <http://www.aplb.org/>
  - Professionally trained volunteers in pet bereavement and counseling
- California Veterinary Medical Association (CVMA), <http://www.cvma.net/images/cvmapets/Documents/PetLossSupport.html>
  - California Pet Loss support groups and resource guide to coping with the passing of a pet.
- Pet Loss Grief Support, <http://www.petloss.com/>
  - Gentle and compassionate website for pet lovers. Here you will find personal support, thoughtful advice, healing poetry, and more.
- Pet Loss Support Page, <http://www.pet-loss.net/>
  - Ten tips on coping with Pet Loss by Moira Anderson Allen, M.Ed.
- San Diego Humane Society, <https://www.sdhumane.org/services/pet-loss-support/>
  - The San Diego Humane Society's Pet Loss Support Group provides an environment of healing and is facilitated by a licensed professional. The group is open to everyone ages 10 and up who have recently lost a pet, are still mourning an old loss, or are anticipating or preparing for euthanasia.
- The Recovery Village, <https://www.therecoveryvillage.com/mental-health/grief/>
  - Mental health support for individuals who are dealing with grief and are at risk for relapse and depression.
- TedX Talk: The Emotional Costs of Euthanasia by Dr. Sarah Hoggan, DVM [https://www.ted.com/talks/sarah\\_hoggan\\_the\\_emotional\\_costs\\_of\\_euthanasia](https://www.ted.com/talks/sarah_hoggan_the_emotional_costs_of_euthanasia)

#### Local Pet Loss Support Groups

- Rancho Coastal Humane Society, <https://rchumanesociety.org/pet-loss-support-program/>
- San Diego Humane Society, <https://www.sdhumane.org/services/pet-loss-support/>
- The Rock Church San Diego, <https://www.sdrock.com/search?q=pet+loss>
  - Offers Pet Loss Support Groups periodically throughout the year.

For an extended list of resources, check: <https://www.sdhumane.org/services/pet-loss-support/>  
<http://www.morenapethospital.com/pet-bereavement-support-and-resouces.html>