



Help Starts From Within, LLC

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Coping With The Loss of a Pet

The loss of pet can be a devastating. This is because we love our pets and consider them members of our family; they are our “fur babies”. When your beloved pet dies, it’s not unusual to feel overwhelmed by the intensity of your sorrow. Our pets provide us with companionship, acceptance, emotional support, and unconditional love during the time they share with us.

When grieving the loss of a pet there are a few stages that people typical experience, which include denial, anger, bargaining, depression and acceptance. *But a supportive word of caution,* not everyone follows these classic stages of grief—some may skip or repeat a stage, or experience the stages in a different order, while others could become “stuck”, and feel incapable of moving on...

Understanding how you grieve and finding ways to cope with your loss can bring you closer to the day when memories of your pet bring smiles instead of tears. Please contact my office today to receive the support and guidance you deserve during this difficult time. Most major insurances are accepted, so seeking help is quite seamless.

