

WHAT TO EXPECT AT GROUP?

The group is free and confidential. There are no membership fees, no personal details collected, and your stories will not be shared outside of group unless you give permission.

- The group always starts and ends with a moment of silence for pets gone by.
- We aim to keep the group around 1 hour so you know what time length you can plan for.
- It's okay to come late or leave early if needed.
- We take turns sharing our stories, experiences, memories, memorials, ideas.
- We don't judge one another for the reasons for a pet's loss, nor do we assign blame to each other or anyone else.
- All newcomers receive a welcome journal provided by Tender Loving Care Pet Nursing Hotel at their first meeting.
- The group is family friendly and all ages are welcome - since pets are part of the family, we know the grief affects everyone in the home in its own unique way.



ADDITIONAL SUPPORT



Join our Facebook Page

We have an online Facebook group called "HHHS Pet Loss Support Group" where we share group updates, votes, pictures, and can connect with one another.



Talk to your Veterinarian

Many times we all just need the reassurance that the decision we made for our pet was the best one. Your vet will be able to explain the condition your pet may have faced and explain what the dying process is like for animals to bring peace of mind.



Consider referral for therapeutic services

If you are struggling regularly, know that pet loss is a very real form of grief and there is help available. There are several Topeka providers who specialize in grief and can help you navigate what you are feeling.

CONTACT US!

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PET LOSS SUPPORT



Grieving the furry
and feathered
family members



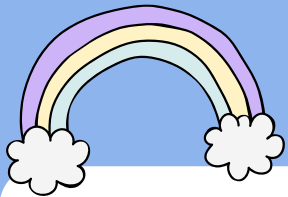
WHERE TO MEET

The HHHS Pet Loss Support Group means once a month on the **FIRST TUESDAY** of every month at **5pm - 6pm**.

It's in the HHHS Hill's Room - you can come in the main entrance and staff will direct you, OR it's the double doors behind the statue.



There is usually a free-roaming cat named Milo in the group. He's not available for adoption, so there is no pressure. He is owned by HHHS and serves as an ambassador for those needing animal interaction. We've previously voted as a group to have him attend.



Milo came to us with two broken legs and we learned that he excels at providing comfort. We've seen him get into kennels with animals after surgery, we've seen him attend school groups with children, and he usually is happy to sit in the lap of whoever needs a friend.



COMMON FEELINGS ABOUT PET LOSS

There is never a perfect time to say goodbye to a pet, and no matter what your timing and your feelings about it are valid. If you have related to any of these, you might consider attending group!

START HERE

Have you ever felt these things?

GUILT

It was my fault.
If only I had done something different.
Did I decide too soon?
Did I decide too late?

RELIEF

I'm so glad I don't have to deal with this anymore.
My pet is in a better place.
It was getting too expensive for me.
I'm finally free from this chaos.

SHAME

Will my friends or family understand?
I should be over this by now, shouldn't I?
I can't tell anyone what happened to my pet.
Someone will think I'm a bad pet owner.

HUMOR

Gallows jokes
Self-deprecating humor
Finding the joy in your pet's memory
Feeling wrong for wanting to be positive

ANGER

I will never forgive the person who did this.
It could have been stopped.
I would like to get revenge.
It should have been different.

EMPTINESS

What do I do now?
When should I get another pet? Do I even want another pet?
My house feels too quiet.
I miss our walks.
I can't go home some days.
I can't seem to focus.

While no one knows your story but you, whatever means your pet was lost to you will be accepted and understood.



Topics the group has faced together:

- Rehoming or surrender
- Sudden illness or death
- Ran away from home
- Hit by car
- Behavioral euthanasia
- Natural aging
- Too expensive to care for
- So much more

