

Sacramento Area & National Pet Loss Support Resources

Many people are not prepared for the grief that follows the loss of a pet. Feelings of sadness, guilt, anger, and loss can be surprising, yet these are normal feelings. Sharing memories and feelings with others who understand can help aching hearts heal.

Online Live Support Groups

- ♥ The Association for Pet Loss and Bereavement has almost daily live discussion rooms for both Pet Loss and Anticipatory Grief. The chat rooms are moderated by trained counselors. www.aplb.org/chat/
- ♥ Rainbow Bridge Pet Loss Grief Support Chat Room has live rooms open twice daily and moderated by volunteers www.rainbowbridge.com/Grief_Support_Center/Petloss_Grief_Support_Chat.htm
- ♥ Lightning Strike Pet Loss Support: information and chat room. www.lightning-strike.com/index.html

Local Pet Loss Support Groups. Times and locations are subject to change; a call or e-mail prior to attending is highly recommended.

- ♥ Sacramento SPCA Pet Loss Support Group
1st Tuesday of each month, 6:30-8:00 pm Cost: Free
Sacramento SPCA Administration Building, 6201 Florin Perkins Road, Sacramento
(916)504-2847 <https://www.sspca.org/general-information/pet-loss-support-group>
- ♥ Yolo Hospice Pet Loss Support Group for Adults
1st Monday of each month, 6:30 to 7:30 pm. Cost: Free
Yolo Hospice, 1909 Galileo Ct., Suite A, Davis. (530) 758-5566
<https://yolohospice.org/services/grief-support/support-groups/>

Online Information & Support

- ♥ Association for Pet Loss and Bereavement www.aplb.org – information and moderated chat rooms
- ♥ Argus Institute www.csu-cvmb.colostate.edu/vth/diagnostic-and-support/argus/Pages/default.aspx
- ♥ Pet Grief Support and Candle Ceremony - www.petloss.com
- ♥ Pet Loss Help - www.petlosshelp.org
- ♥ Pet Loss Support Page - pet-loss.net
- ♥ RainbowBridge.com
- ♥ Chance's Spot www.chancespot.org/pet-loss-support/index.php

Helpline/Phone Counseling

- ♥ Nikki Hospice Foundation for Pets Help Line (707)557-8595 www.pethospice.org
- ♥ Cornell University College of Veterinary Medicine (607)253-3932, 9 pm - 12 am Monday - Saturday
<https://www.vet.cornell.edu/about-us/outreach/pet-loss-support-hotline>
- ♥ Tufts School of Veterinary Medicine (508)839-7966, 3 – 6 pm Monday – Friday,
<https://vet.tufts.edu/petloss/>

Books

- ♥ The Loss of a Pet: A Guide to Coping with the Grieving Process When a Pet Dies, 4th Ed. by Wallace Sife
- ♥ Grieving the Death of a Pet by Betty J. Carmack
- ♥ Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet by Gary Kowalski

- ♥ When Your Pet Dies: A Guide to Mourning, Remembering and Healing by Alan D. Wolfelt PhD CT
- ♥ The Pet Loss Companion by Ken Dolan-Del Vecchio and Nancy Saxton-Lopez

Websites with information for Parents:

- ♥ The Association of Pet Loss & Bereavement www.aplb.org/support/children_and_pet_loss.php
- ♥ RainbowBridge.com: Helping a Child Cope with Pet Loss. This page includes a free downloadable PDF workbook by Katie Nurmi: "I Miss My Pet - A workbook for Children about Pet Loss"
www.rainbowbridge.com/Grief_Support_Center/Grief_Support/Children_and_petloss.html
- ♥ Ohio State University: Helping Children Cope with Illness or Death of an Animal
<https://vet.osu.edu/vmc/sites/default/files/files/companion/HTB/Helping%20Children%20Cope%20Printable%20%282013%29.pdf>

Books for Children

- ♥ The Kids Book About Pet Loss: Grieving and Healing After Losing Your Pet by Vicky Taylor (2013)
- ♥ I'll Always Love You by Hans Wilhelm (1988)
- ♥ When a Pet Dies by Fred Rogers (1998)
- ♥ Forever Paws by Christine Davis (2011)
- ♥ Saying Goodbye to Lulu by Corinne Demas and Ard Hoyt (2009)

Updated November 2021 ♥ Evelyn Ivey, DVM ♥ (916)250-3239
Peace for Pets Home Euthanasia ♥ More information at www.PeaceForPets.net

