



**AURORA**  
PET CLINIC

# Pet Loss Support & Grief Resources

AuroraPetClinic– Ottawa

The loss of a beloved pet can be one of the most painful experiences a family faces. Grief after pet loss is real, valid, and deeply personal. There is no right or wrong way to grieve, and there is no timeline for healing.

This guide has been created to offer gentle support and trusted resources for individuals and families in the Ottawa area.

## Understanding Pet Loss Grief

You may experience sadness, guilt, anger, numbness, or even relief. These feelings are normal. Grief may come in waves, and certain moments or memories may feel especially heavy.

## Ottawa & Ontario Support Resources

- Ottawa Humane Society – Pet Loss Support Group (periodic sessions and referrals)
- Distress Centre of Ottawa – 24/7 emotional support: 613-238-3311
- Bereaved Families of Ontario (Ottawa Region) – grief support groups and counselling
- Your family physician or a licensed counsellor with experience in grief and loss

## Pet Loss Support Hotlines (North America)

- Association for Pet Loss and Bereavement (APLB): 1-855-245-8214
- Cornell University Pet Loss Support Hotline: 607-218-7457

## Supporting Children After Pet Loss

Children may grieve differently than adults. Some may ask many questions, while others may withdraw. Encourage open conversation, reassure them that their feelings are okay, and allow them to express grief through play, art, or stories.

## Remembering Your Pet

Many families find comfort in honoring their pet's life. This may include creating a photo album, planting a tree or flowers, writing a letter, or keeping a special keepsake.

## When to Seek Additional Support

If grief becomes overwhelming or begins to interfere with daily life, seeking professional support is a sign of strength. Counsellors, therapists, and grief support groups can provide meaningful help during this time.

## Recommended Books

Adults

- Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet – Gary Kowalski: Gentle guidance on coping with pet loss.

- The Loss of a Pet – Wallace Sife: Practical advice and emotional support for grieving pet owners.
- When Your Pet Dies – Alan D. Wolfelt: Compassionate insights on understanding grief and creating remembrance rituals.

#### Children

- The Tenth Good Thing About Barney – Judith Viorst: A gentle story about remembering a beloved pet.
- Dog Heaven – Cynthia Rylant: Comforting story to help children process their feelings.
- Goodbye Mousie – Robie H. Harris: Simple, comforting book to help young children cope with loss.
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Your pet's life mattered. Your love mattered. And your grief is a reflection of that bond.

Aurora Pet Clinic is honoured to support you during this difficult time.