

Pet Loss & Grief Support Group

What to Expect

Our Pet Loss & Grief Support Group is designed to provide you with a warm and supportive environment in which to share your story.

We understand that you may feel out of your comfort zone sharing your emotions, so our groups are kept small and intimate to allow you to participate as little or as much as you feel comfortable.

We invite you to share photos and memories of your beloved pet as we discuss the various stages of grief. You are welcome to bring your pets belongings (such as their favourite toy or collar), and even their ashes should you feel comfortable.

One of the most important aspects of your healing journey is to accept and understand that your feelings are normal and that you are not alone. You may even find that you make a connection with another pet parent.

