

Pet Loss Resources

Pet loss resources can help individuals process their grief, connect with others who understand their experience, and find guidance during a difficult time.

Pet loss websites and support groups

Ontario Pet Loss Support Group

ontariopetloss.org

The Ontario Pet Loss Support Group is dedicated to offering emotional support to individuals grieving the loss of a pet. They hold free virtual meetings where individuals can discuss their feelings of grief with others. These meetings are often facilitated by trained volunteers or professionals experienced in pet loss bereavement.

Association for Pet Loss and Bereavement (APLB)

aplb.org

The APLB is a non-profit organisation that provides support and resources for individuals grieving the loss of a pet. They offer a free support chat room, paid access to online support groups, counselling referrals, and educational resources.

[SUPPORT CHAT ROOM](#)

[ONLINE SUPPORT GROUPS](#)

Lap of Love

Lap of Love is a veterinary hospice group in the USA that offers resources to support pet owners during their pet's end-of-life journey, including educational articles on pet illnesses, pet loss resources, and grief support.

[RESERVE A SPOT IN A FREE PET LOSS SUPPORT GROUP SESSION](#)

Argus Institute

vetmedbiosci.colostate.edu

The Argus Institute is an organisation affiliated with Colorado State University's Veterinary Teaching Hospital and they provide helpful resources on hospice care and pet loss.

Pet loss therapists

Connecting with a pet loss therapist can be helpful for grieving pet owners as they can provide professional support, offer personalised coping strategies, and give a safe space to process emotions and grief.

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Specializing in pet bereavement, grief counselling and pet parent psychotherapy.

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Supporting individuals experiencing pet loss, grief, trauma, anxiety, and/or depression.

Both therapists offer an initial complimentary virtual consultation, after which in-person or virtual therapy sessions can be booked. These services may be covered by Extended Health Care Benefits. Verify with your insurance company about your personal coverage.



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Pet loss books

Going Home:

Finding Peace When Pets Die

Jon Katz

Goodbye, Friend:

Healing Wisdom for Anyone Who Has Ever Lost a Pet

Gary Kowalski

Losing My Best Friend:

Thoughtful support for those affected by dog bereavement or pet loss

Jeannie Wycherley

Repairing the Heartbreak of Pet Loss Grief

Carli Jeffrey

The Last Will and Testament of an Extremely Distinguished Dog

Eugene O'Neill

When Your Pet Dies:

A Guide to Mourning, Remembering and Healing

Alan D. Wolfelt PhD

[VISIT THE ASSOCIATION FOR PET LOSS AND BEREAVEMENT \(APLB\)](#)

[RECOMMENDED READING LIST](#)



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