



*Seek comfort. Seek hope. Seek healing.  
Seek sanctuary.*

# PET LOSS SUPPORT

For Adults

Your pet has died. You've lost a companion, a friend, a family member.

We understand your loss. We recognize the grief you are experiencing. Most adults feel profound sadness when a pet dies. You're not alone. Grief is natural. Still, in our hectic lives we may not pause to grieve our pets, to honor and reflect upon the place they held in our lives. But studies show that to take this time is important for our wellbeing.

Sanctuary Counseling is here to support and validate your feelings during this time of sadness and grief.



Pets are family, too. Often, we grieve their deaths similarly to those of our human loved ones.

## ADULTS' PET LOSS SUPPORT

THIRD SATURDAY OF EACH MONTH

Give yourself the gift of space to grieve and to experience sharing with others who understand your loss. Professional counselors facilitate this group with a time of:

STORIES      CREATIVE ACTIVITIES

SHARING      EDUCATION

Space is limited. PRE-REGISTRATION IS REQUIRED.

Our services for this group are free of charge, and only a nominal fee for materials is requested.

Please contact us for more information: 610-385-3155.

