

MOBILE VETERINARY SERVICES

# Memorialization Ideas & Activities for Pet Loss Support



## SHARE SOME OF YOUR PET'S STORY

Although your pet is no longer with you, thinking and talking about them and to them may help you during the grieving and healing that follows such a significant loss.

If the feelings get to be overwhelming, please reach out, there are pet loss professionals, bereavement counsellors, online and in-person chat and support groups to help you as you move forward.

#### SOME IDEAS

Make a photo book, scrapbook, or memory box

Write a tribute or memorial

 We will gladly share your pet's pictures and memorials on our <u>Honouring Page</u>

Dedicate something in your pet's name & memory

 Plant a tree, create a memorial garden, donate or volunteer for a special cause

Have a professional pet portrait made Create a custom holiday ornament for your pet





## ACTIVITIES

Hold a private honouring ceremony for your pet Write about your pet

- Make lists of favourite memories, write poems, songs, letters to and/or from your pet
  Go on a memorial walk
- A planned, mindful walk with intention, remembering their life & memories

Join a pet loss support group Read some books about coping with pet loss

• See our reading list here

### VIEW OUR <u>HONOURING PAGE</u> FOR SOME HEARTFELT TRIBUTES

National Pet Memorial Day The 2nd Sunday in September

PetComfortVet.com

Honouring the bond, the life, and the love