

BLACK CREEK MOBILE VETERINARY  
SERVICES

# Some thoughts on Grief



## LOSING A PET IS A PROFOUND LOSS

It's normal to feel intense grief.

You may feel unlike yourself for  
days ... and sometimes longer.

Grief affects us in many ways -  
physically, emotionally, in  
relationships, at work, and  
spiritually.

## PRIORITIZE SELF-CARE

What can you do for yourself  
right now?

Find what helps calm, soothe &  
nurture the soul - this is different  
for everyone.

Self-care may mean saying "no"  
to people or things that do not  
serve you well.



## GRIEF SUPPORT RESOURCES

[OVC Pet Trust](#)

[Association for Pet Loss &  
Bereavement](#)

[OSU - Honoring the Bond](#)

[Veterinary Wisdom](#)

Your tribe of people who support  
you

PLEASE REACH OUT FOR MORE SUPPORT

erica@bcmvs.ca  
226.779.KIND (5463)

[PETCOMFORTVET.COM](http://PETCOMFORTVET.COM)

# 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 [Honouring Page](#)

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 [HONOURING PAGE](#) FOR SOME HEARTFELT TRIBUTES

National Pet Memorial Day  
The 2nd Sunday in September

[PetComfortVet.com](http://PetComfortVet.com)

*Honouring the bond, the life, and the love*