

Pet Loss Resources for Adults

Pet Loss Resources

Losing a pet is never easy. Experiencing the loss of a loved one can cause you to feel a mix of emotions, and you may be unsure how to cope with these feelings. However, these feelings are completely normal. Below is a list of resources that may be helpful throughout your grieving process.

| Book Title | Author |
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| <i>My Personal Remembrance Journal</i> | Enid Samuel Traisman and Herbert Nieburg |
| <i>The Final Farewell: Preparing For and Mourning the Loss of Your Pet</i> | Marty Tousley |
| <i>Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet</i> | Gary Kowalski |
| <i>The Pet Loss Companion: Healing Advice from Family</i> | Ken Dolan-Del Vecchio and Nancy Saxton-Lopez |
| <i>The Grief Recovery Handbook for Pet Loss</i> | Russell J. Friedman and John W. James |
| <i>A 30 Day Guide to Healing from the Loss of Your Pet</i> | Gael J Ross |
| <i>When Your Pet Dies: A Guide to Mourning, Remembering and Healing</i> | Alan Wolfelt |
| <i>Grieving the Death of a Pet</i> | Betty Carmack |

| Support Group | Website |
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| Association for Pet Loss and Bereavement | APLB.org |
| Grief Support, Rainbow Bridge, and Candle Ceremony | PetLoss.com |
| A Virtual Memorial Home and Grief Support Community | Rainbowsbridge.com |
| Grief Support Services for Pet Loss | PetCloud.pet |
| The Pet Loss Support Page | Pet-Loss.net |

| Memorial Website | Items Offered |
|---------------------------|--|
| PerfectMemorials.com | Memorial urns, jewelry, and other mementos |
| Artfulashes.com/memorials | "Your Loved One's Ashes Memorialized in Glass Art" |
| OneWorldMemorials.com | Memorial urns for pets |