

RECOMMENDED LITERATURE

Adults

Loving and Losing a Pet

Written by: Michael Stern, Ph.D.
and Susan Cropper, DVM

Coping with the Loss of a Pet

Written by: Christina M. Lemieux

The Loss of a Pet

Written by: Wallace Sife

Children

Lifetimes

Written by: Bryan Mellonie
and Robert Ingpen

The Fall of Freddie the Leaf

Written by: Leo Buscaglia

The Tenth Good Thing About Barney

Written by: Judith Viorst

PET LOSS SUPPORT HOTLINES

Iams Pet Loss Support Center & Hotline 888.332.7738

Cornell University, College of Veterinary Medicine 607.253.3932

METROPOLITAN VETERINARY ASSOCIATES

OUR HISTORY

For over 30 years, Metropolitan Veterinary Associates and Emergency Services has been providing the highest quality of veterinary medicine — improving and enhancing the lives of our patients through a dedication to excellent service, exceptional skill, and extraordinary care. We are continuously evolving to provide patients with the most advanced treatment options at our 25,000 square foot hospital, complete with state-of-the-art diagnostic and therapeutic equipment. Our core focus is on specialty and emergency cases, allowing us to work together with your general practice veterinarian for a comprehensive approach to your pet's health.

OUR SPECIALTIES

Cardiology • Dentistry • Dermatology • Emergency and Critical Care
Internal Medicine • Interventional Radiology • Minimally Invasive Surgery
Neurology • Oncology • Ophthalmology • Radiology • Surgery



METROPOLITAN VETERINARY ASSOCIATES®

PET LOSS SUPPORT GROUP



LOSING A FAMILY MEMBER

At Metropolitan Veterinary Associates and Emergency Services, we know that the loss of a pet can be a deeply painful and emotional experience.

It's normal to have feelings of shock, denial, anger, guilt, regret, or depression. People often experience physical symptoms such as crying, loss of appetite, sleep disturbances or lack of energy and motivation. While many are fortunate to have friends and family who are supportive during the grieving process, others may need to seek out the support of people who understand the pain of pet loss.

WHAT CAN SOFTEN THE PAIN?

1. Talking to family, friends, co-workers, a support group, or counselor
2. Writing about your pet and your feelings in a journal
3. Creating a tribute or memorial to your pet
4. Having a memorial service or funeral for your pet
5. Sharing memories of your beloved pet
6. Being extra kind to yourself
7. Realize that it will take time to heal and that there is no time limit for grief

PET LOSS SUPPORT GROUP

Here, we all understand the depth of loss one experiences when a beloved four-legged family member has passed. For that reason, Metropolitan provides a Pet Loss Support Group to help grieving owners in need. Our pet group is designed to provide grieving pet parents with a safe, confidential environment to share their feelings with others who have experienced pet loss.

The group is operated by veterinarians and veterinary nurses who have experience with pet loss. A board certified psychiatrist consults with us regarding the implementation of the group, however, our group leaders are not mental health care professionals. Clients experiencing difficulty coping are urged to seek help from a mental health care professional. We can provide you with the names of health care professionals if needed.

Some situations where the support of a group may be beneficial include the following:

- Death of a pet
- Euthanasia
- Lost pets
- Living with an elderly, chronically ill or terminally ill pet
- Explaining pet loss to a child

Our Pet Loss Support Group meets on a varying schedule. Please visit metro-vet.com/petloss or call the hospital at **610.666.1050** for upcoming dates.