

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 Inghen

The Fall of Freddie the Leaf
Written by: Leo Buscaglia

The Tenth Good Thing About Barney
Written by: Judith Viorst

PET LOSS SUPPORT RESOURCES

ASPCA Pet Loss Hotline 877-474-3310

Since 1986, Metropolitan Veterinary Associates (MVA) has provided the highest quality of veterinary medicine in the Philadelphia region. Our core focus is on specialty and emergency cases, allowing us to work in concert with your general practice veterinarian for a comprehensive approach to your pet's health. We are a privately owned hospital whose mission is to enhance and improve the lives of our patients through excellent service, exceptional skill, and extraordinary care. Our Urgent Care center (MVUCS) opened in May 2025. MVUCS is designed to focus on urgent cases, conditions that require prompt attention but are not immediately life-threatening. This expansion ensures that pets receive the care they need, when they need it, without unnecessary stress.

Our Specialties include: Anesthesia, Behavior, Cardiology, Dentistry, Dermatology, Emergency and Critical Care, Internal Medicine, Minimally Invasive Surgery, Neurology, Oncology, Ophthalmology, Radiology, Surgery, and Urgent Care



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PET LOSS SUPPORT GROUP



LOSING A FAMILY MEMBER

At Metropolitan Veterinary Associates, 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, MVA 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 once or twice a month, typically on Thursday evenings. Meetings begin at 7 pm and end at 8:30 pm. Out of respect for other attendees, please be on time and plan to stay for the duration of the meeting.

It is not necessary to RSVP, although if you would like to, please contact **610.666.1050** or **610.61MVUCS**.

Please visit metro-vet.com/petloss for more information.