

More Group Information

This group was formed in 2019 after losing my dog, Buddy. I was having a difficult time moving forward and, as a Licensed Professional Counselor, I felt it was important to aid others who were also grieving the loss of their cat, dog, or other pet.

In providing this group, I hope to help folks to connect with others who are also walking this emotional path. We will cover topics which will include your personal history with your pet, and why this loss can actually be more painful for some than any other loss they may have experienced. Some things may be difficult to revisit, yet with this group you will be understood and not told to “get over it”. You will be given ideas to help you heal. You will be given validation of your feelings in an atmosphere of aid and understanding.

You will also be asked to do things in between group sessions which may help you in this process. These, of course, are at your own discretion yet they will be discussed the following week and are being prescribed for your benefit.

Additionally, what is said within this group is to be held confidential so that all will feel comfortable in expressing their thoughts and emotions.

This group is not therapy. It is support. Together we will go through this process and will, hopefully, meet your initial goals for joining.