



# Pet Loss Resources

*This list was created by Authentic Healing Counseling, PLLC (AHC). Resources shared do not imply a relationship or endorsement. AHC is not responsible for the resources and services provided by these organizations or individuals.*

*This document is not inclusive of all available or current resources.*

## Websites

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### **Agape Pet Services** <https://agapepetservices.com/online-memorials/>

This site offers a space for you to create an online memorial for your beloved pet.

### **Artful Ashes** <https://artfulashes.com/memorials/>

Memorializes cremains into beautiful glass art.

### **Association for Pet Loss and Bereavement (APLB)**

<https://www.aplb.org/>

Offers a chat room, information and resources for pet loss, euthanasia, and self-care. It also includes services at a cost such as, pet loss memorials, webinars, and online support groups.

Bronze Membership = Free

Silver Membership = \$39/year

Platinum Membership = \$99/year

### **Best Friends Animal Society**

<https://bestfriends.org/pet-memorials/gifts-to-commemorate-a-cat-or-dog>

The website offers suggestions for ways one can memorialize their beloved pet.

### **Lap of Love** <https://www.lapoflove.com/>

The website offers education and resources regarding quality of life and end of life care for your beloved animal.



## **Love Baxter** <https://lovebaxter.com/>

The world's largest pet loss and end-of-life resource—offering expert guides, compassionate grief support, trusted professionals, and meaningful ways to remember your best friend.

## **One World Memorials**

<https://www.oneworldmemorials.com/collections/pet-memorials>

Offers a selection of memorial urns and jewelry.

## **Pet Parent Grief Support** <https://www.petparentgriefsupport.com/>

Articles and resources to help you navigate pet loss.

## **Rainbows Bridge** <https://www.rainbowsbridge.com/>

A virtual memorial home and grief support community for your departed fur baby. Whether furry, feathered or scaled, all are welcome.

## **The Pet Loss Support Page** <https://www.pet-loss.net/>

The website offers information and resources regarding pet loss. It also has links to hotlines, helplines, and grief support by state.

## Grief Support (Groups and Individual)

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### **Abiding Ties Pet Loss Support Group**

<https://abidingties.org/pet-loss-support-groups/>

Online support group that provides pet caregivers a safe space to share stories and to connect with people who understand the experience of pet loss. Facilitated by Linda More, MDiv and certified Pet Chaplain.

#### **COST = Free**

Meets on the 2nd Tuesday of every month from 7-7:45pm (ET)

\*Link to zoom meeting is provided on the website listed above



## **Association for Pet Loss and Bereavement (APLB)**

<https://www.aplb.org/vsg-about/>

### **Online Video Support Groups**

1st, 3rd, and 5th Sunday each month 1-3 pm ET/USA

2nd and 4th Sunday each month 7-9 pm ET/USA

**COST** = Video Support Groups are available to all Silver and Platinum members (\$39 per year and \$99 per year respectively)

### **Lap of Love** <https://www.lapoflove.com/our-services/pet-loss-support>

Offers virtual support groups and individual sessions led by grief coaches.

#### **Pet Loss Support Group**

Listen-and-learn sessions are presented by a compassionate, professional grief coach, providing a safe, empathetic environment for those who are struggling with loss. Anyone who has experienced the loss of a pet is welcome to attend. Sessions are available several times throughout the week virtually via Zoom.

**COST = Free**

#### **Speciality Support Group**

Focus on targeted topics that cater to specific grief needs. These small groups provide a more intimate and personalized experience, and members will have the opportunity to share and receive guidance from a professional grief coach. Sessions emphasize healthy coping skills, grief reactions, and honoring the life of your loved one. Anyone who has experienced the loss of a pet is welcome to attend. Meetings take place virtually via Zoom.

**COST = Free**

#### **Individual Pet Loss Support Sessions**

For pet parents who desire personalized support on how to heal following the loss of their beloved pet. Individual call sessions are led by a highly trained, professional grief coach who will offer a compassionate ear and a caring safe space for the sharing of feelings and emotions surrounding the death of a loved pet.

**COST = \$55 for 50 minute session**



## **Love Baxter** <https://app.lovebaxter.com/>

Offers a directory of pet loss counselors who offer individual and/or group support.

**COST = There is typically a fee**

## **Pet Loss Community**

<https://www.petlosscommunity.com/pet-loss-group-support>

### **Support Groups**

Offers virtual groups for pet loss, anticipatory grief, and living grief. Dates and signup links are listed on the website.

### **Individual Support**

Offers virtual one-on-one support guided by a pet-loss grief expert. This is not therapy or counseling.

**COST = \$99 for 50 minute session**

## **Pet Loss Partners**

<https://petlosspartners.org/virtual-pet-loss-support-group/>

Offers a virtual pet loss support group designed to provide a safe environment where you can share with other pet parents who understand and are there to support you. The group is facilitated by a certified pet loss specialist who will guide you by providing support, encouragement and coping strategies to help you begin your journey towards healing.

\*Prior to attending the group, they require a brief 3-5 minute phone conversation with you. This call is designed to provide more information and answer any questions you may have about the group. The form to set up the phone call is on the website above.

**Cost = \$15**

## Books

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### Pet Loss Books for Adults

- Anderson, M. (2015). *Coping with Sorrow on the Loss of Your Pet*. Loveland: Alpine Publications
- Carmack, Betty J. (2003) *Grieving the Death of a Pet*. Minneapolis, MN: Augsburg Fortress.
- Chauncy, S. (2020). *P.S. I Love You More Than Tuna*. Boulder: Sounds True.
- Dolan-Del Vecchio, K. & Saxton-Lopez, N. (2013). *The Pet Loss Companion: Healing Advice from Family Therapists Who Lead Pet Loss Support Groups*. Charleston: CreateSpace Independent Publishing Platform.
- Eastwood, L. (2012). *Soul Comfort for Cat Lovers: Coping Wisdom for Heart and Soul After the Loss of a Beloved Feline*. London: Sparkletonic Books.
- Friedman, R., James C., & James, J.W. (2014). *The Grief Recovery Handbook for Pet Loss*. Lanham: Taylor Trade Publishing.
- Grey, R. (2006). *Coping with Pet Loss: Overcoming Common Problems*. London: Sheldon Press.
- Hanson, W. (2008). *Paw Prints in the Stars: A Farewell and Journal for a Beloved Pet*. Minneapolis: Tristan Publishing.
- Katz, J. (2012). *Going Home: Finding Peace When Pets Die*. New York: Random House.
- Montgomery, Mary & Herb. (2000). *Forever in my Heart: Remembering my Pet's Life*. Chanhassen, MN. Montgomery Press.
- Montgomery, Mary & Herb. (1991). *Good-bye my Friend: Grieving the Loss of a Pet*. Chanhassen, MN. Montgomery Press.



- Kowalski, G. (1997). *Goodbye Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet*. Walpole: Stillpoint Publishing.
- Quintana, M., Veleba, S., & King, H. (1998). *It's Ok to Cry*. Perrysburg: Mariposa Press.
- Ross, G. J. (2010). *A 30 Day Guide to Healing from the Loss of Your Pet*. Chapel Hill: Broken Heart Press.
- Rosen, J.E. (2025). *Life After Pet Loss: Daily Reflections for Working Through Grief*. New York: Zeitgeist.
- Sife, W. (2005). *The Loss of a Pet*. Hoboken: Howell Book House.
- Wolfelt, A. (2004). *When Your Pet Dies: A Guide to Mourning, Remembering and Healing*. Fort Collins: Companion Press.

## Pet Loss Books For Children

- Cochran, B. (2007). *The Forever Dog*. New York: HarperCollins. (Ages 4-8yo)
- Demas, C. & Hoyt, A. (2004). *Saying Goodbye to Lulu*. New York: Little Brown. (Ages 4-8yo)
- Hanson, W. (2008). *Paw Prints in the Stars: A Farewell and Journal for a Beloved Pet*. Minneapolis: Tristan. (Ages 4 to adults)
- Karst, P. (2019). *The Invisible Leash: A Story Celebrating Love After the Loss of a Pet*. New York: Little Brown Books. (Ages 4-8yo)
- Mellonie, B. & Ingpen, R. (1985). *Lifetimes: The Beautiful Way to Explain Death to Children*. London: Bantam. (Ages 5-8yo)
- Lyons, M. (2018). *Until We Meet Again, From Grief to Hope After Losing a Pet*. Windsor: Choose to Choose. (Ages 3-6yo)
- Morehead, D. (1996). *A Special Place for Charlee: A Child's Companion Through Pet Loss*. Broomfield Publishing. (Ages 4-9yo)
- Raeside, A. (2012). *The Rainbow Bridge: A Visit to Pet Paradise*. Madeira Park, BC: Harbour Publishing. (Ages 4-9yo)



- Rogers, F. (1988). *When a Pet Dies*. New York: Family Communications, Inc. (Ages 4-8yo)
- Rylant, C. (1997). *Cat Heaven*. New York: Blue Sky Press. (Preschool to Grade 2)
- Rylant, C. (1995). *Dog Heaven*. New York: Blue Sky Press. (Preschool to Grade 2)
- Viorst, J. (1971). *The Tenth Good Thing About Barney*. New York: Aladdin. (Ages 6-9yo)
- Walsh, B. (2011). *Sammy in the Sky*. Somerville: Candlewick Press. (Ages 4-8yo)
- Wilhelm, H. (1985). *I'll Always Love You*. New York: Dragonfly Books. (Ages 3-7yo)

## Other Books Concerning Loss for Children and Adults

- Grollman, E. A. (2011). *Talking about Death: A Dialogue between Parent and Child*. Boston: Beacon Press.
- Hanson, W. (1997). *The Next Place*. Golden Valley, MN: Waldman House Press. (Ages 5-8yo)
- James, J. W. & Friedman, R. (1998). *The Grief Recovery Handbook: The Action Program for Death, Divorce, and Other Losses including Health, Career, and Faith*. New York: Harper Collins Publishers. (Adults)
- Karst, P. (2018). *The Invisible String*. New York: Little Brown Books. (Ages 4-8yo)
- Krasney Brown, L. (1998). *When Dinosaurs Die: A Guide to Understanding Death*. New York: Little Brown Books. (Ages 4-8yo)
- Leeuwenburgh, E., and Goldring, E. (2008). *Why Did You Die? Activities to Help Children Cope with Grief and Loss*. Raincoast Books. (Ages 6-12yo)
- Mundy, M. (1998). *Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing with Loss*. St. Meinard, IN: Abbey Press. (Ages 4-8yo)
- Thomas, P. (2012). *I Miss You: A First Look at Death*. New York: BES Publishing. (Ages 4-7yo)



- Zucker, B. (2019). *Something Very Sad Happened (A Toddler's Guide to Understanding Death)*. Washington, D.C.: Magination Press. (Ages 2-4yo)

## Online Educational Resource

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[The University of Tennessee Center for Veterinary Social Work](#) offers a free online 5-part recorded webinar series, “*The Animal Loss Grief Journey*.”

- *Understanding Types of Grief & How We Process It- Webinar #1 of "The Animal Loss Grief Journey"* [https://www.youtube.com/watch?v=5TJxtGvAG\\_0](https://www.youtube.com/watch?v=5TJxtGvAG_0)
- *Supporting Yourself and Other Grieving Hearts- Webinar #2 of "The Animal Loss Grief Journey"* <https://www.youtube.com/watch?v=Kcw8K2c-Lqo>
- *Building a Support System- Webinar #3 of "The Animal Loss Grief Journey"* <https://www.youtube.com/watch?v=8Ybk2CcvjJE>
- *Creative & Healing Ways to Memorialize Your Animals- Webinar #4 of "The Animal Loss Grief Journey"* <https://www.youtube.com/watch?v=yFPXJxW76gk>
- *What's Next? Navigating Life After Loss- Webinar #5 of the "The Animal Loss Grief Journey"* <https://www.youtube.com/watch?v=Hr4ToEUv0ag>