

# Bay Area & National Pet Loss Support Resources

*Many people are not prepared for the grief that follows the loss of a pet. Feelings of sadness, guilt, anger, and loss can be surprising, yet these are normal feelings. Sharing memories and feelings with others who understand can help aching hearts heal.*

## Online Live Support Groups

- ♥ The Association for Pet Loss and Bereavement has almost daily live discussion rooms for both Pet Loss and Anticipatory Grief. The chat rooms are moderated by trained counselors.  
<http://www.aplb.org/chat/>
- ♥ Rainbow Bridge Pet Loss Grief Support Chat Room has live rooms open twice daily and moderated by volunteers [http://www.rainbowbridge.com/Grief\\_Support\\_Center/Petloss\\_Grief\\_Support\\_Chat.htm](http://www.rainbowbridge.com/Grief_Support_Center/Petloss_Grief_Support_Chat.htm)

## Local Pet Loss Support Groups

**All are free with no registration required. Times and locations are subject to change; a call or email prior to attending is highly recommended.**

- ♥ Berkeley East Bay Humane Society. 3rd Tues of month, 7:00 - 8:30 pm. 2700 Ninth Street, Berkeley. Facilitated by Jill Goodfriend, RN, MSW, LCSW, (510)393-1359 and Sylvia Wenninger, LMFT, RYT (415) 341-4905. [www.berkeleyhumane.org/Pet\\_Loss](http://www.berkeleyhumane.org/Pet_Loss)
- ♥ Castro Valley/Hayward 2nd Wed of month, 6:30 - 7:30 pm. Call or email for location, and to reserve a space. Rev. Nancy Schluntz, Interfaith Chaplain (510)969-6122 [Nancy@Schluntz.com](mailto:Nancy@Schluntz.com)  
[www.nancyschluntz.com/grief-counseling](http://www.nancyschluntz.com/grief-counseling)
- ♥ San Francisco. SPCA Pet Loss Support Group. 1st Tues of month, 7:30 - 9:00 pm. 243 Alabama Street (at 16th), 2<sup>nd</sup> Floor, San Francisco. Facilitator Dr. Cori Bussolari (415)554-3000.  
[www.sfspca.org/resources/pet-loss-support](http://www.sfspca.org/resources/pet-loss-support)
- ♥ Marin. Pet Emergency & Specialty Center of Marin. 3<sup>rd</sup> Thurs of Month, 7:00 – 8:30 pm. 901 E Francisco Blvd, San Rafael. Facilitated by Katilyn Stranger LMFT (415)456-7372. <https://www.pescm.com/pet-loss>
- ♥ Walnut Creek. Animal Rescue Foundation/Hospice of the East Bay. 2nd Tues of month, 5:30-7:00 pm. 2890 Mitchell Drive, Walnut Creek. <https://www.arflife.org/pet-loss-support-group>

## Individual Counseling

- ♥ Jill Goodfriend RN, MSW, LCSW. Oakland, (510)393-1359, [jill.goodfriend@gmail.com](mailto:jill.goodfriend@gmail.com), [www.jillgoodfriend.com](http://www.jillgoodfriend.com)
- ♥ Sylvia Wenninger, LMFT, RYT. Oakland (415)341-4905 [www.sylviawenninger.com](http://www.sylviawenninger.com)
- ♥ Michele Shimamura, MFT. Dublin (925)683-8463
- ♥ Ryan Horvath, MFT. Berkeley and San Francisco. (415)663-6286, [RyanHovathMFT@gmail.com](mailto:RyanHovathMFT@gmail.com)  
[www.RyanHorvathMFT.com](http://www.RyanHorvathMFT.com)
- ♥ Julie Tenenberg, MA, MFT. Oakland (510)654-7017 [JJuliet@pacbell.net](mailto:JJuliet@pacbell.net)
- ♥ Tara Cronin MFT, ATR-BC. San Francisco (415)820-1471, [www.sfcreativetherapy.com](http://www.sfcreativetherapy.com)
- ♥ Julie Austin, Psy.D. Mill Valley, (415)272-4515, [www.bayareatherapycollective.com](http://www.bayareatherapycollective.com)

## Online Information & Support

- ♥ Association for Pet Loss and Bereavement [www.aplb.org](http://www.aplb.org) – information and moderated chat rooms
- ♥ Argus Institute <http://csu-cvmb.colostate.edu/vth/diagnostic-and-support/argus/Pages/default.aspx>
- ♥ Pet Grief Support and Candle Ceremony - [www.petloss.com](http://www.petloss.com)
- ♥ Pet Loss Help - [www.petlosshelp.org](http://www.petlosshelp.org)
- ♥ Pet Loss Support Page - [pet-loss.net](http://pet-loss.net)
- ♥ RainbowBridge.com
- ♥ Chance's Spot [www.chancepot.org/pet-loss-support/index.php](http://www.chancepot.org/pet-loss-support/index.php)

## Helpline/Phone Counseling

- ♥ ASPCA Pet Loss Hotline (877)GRIEF-10 (877-474-3310) Noon-Midnight EST daily.  
<https://www.aspca.org/pet-care/general-pet-care/end-life-care>
- ♥ Nikki Hospice Foundation for Pets Help Line (707)557-8595 [www.pethospice.org](http://www.pethospice.org)
- ♥ Cornell University College of Veterinary Medicine (607)253-3932 6-9 pm EST Tuesdays and Thursdays  
[www.vet.cornell.edu/Org/PetLoss/](http://www.vet.cornell.edu/Org/PetLoss/)

## Books

- ♥ The Loss of a Pet: A Guide to Coping with the Grieving Process When a Pet Dies, 4th Ed. by Wallace Sife
- ♥ Grieving the Death of a Pet by Betty J. Carmack
- ♥ Goodbye, Friend: Healing Wisdom for Anyone Who Has Ever Lost a Pet by Gary Kowalski
- ♥ When Your Pet Dies: A Guide to Mourning, Remembering and Healing by Alan D. Wolfelt PhD CT
- ♥ The Pet Loss Companion by Ken Dolan-Del Vecchio and Nancy Saxton-Lopez

## For Children

Children may have a difficult time understanding end of life and what is happening to their best friend. If your child needs help with grieving the loss of a pet, these resources may help. More information is at [www.peaceforpets.net/children.html](http://www.peaceforpets.net/children.html)

### Websites with information for parents:

- ♥ The Association of Pet Loss & Bereavement [http://www.aplb.org/support/children\\_and\\_pet\\_loss.html](http://www.aplb.org/support/children_and_pet_loss.html)
- ♥ RainbowBridge.com: Helping a Child Cope with Pet Loss. This page includes a free downloadable PDF workbook by Katie Nurmi: "I Miss My Pet - A workbook for Children about Pet Loss"  
[http://www.rainbowbridge.com/Grief\\_Support\\_Center/Grief\\_Support/Children\\_and\\_petloss.htm](http://www.rainbowbridge.com/Grief_Support_Center/Grief_Support/Children_and_petloss.htm)
- ♥ A Kid's Guide to the Loss of a Pet: information and links provided by Blue Buffalo  
<http://bluebuffalo.com/library/a-kids-guide-to-dealing-with-the-loss-of-a-pet>

### Books for Children

- ♥ The Kids Book About Pet Loss: Grieving and Healing After Losing Your Pet by Vicky Taylor (2013)
- ♥ I'll Always Love You by Hans Wilhelm (1988)
- ♥ When a Pet Dies by Fred Rogers (1998)
- ♥ Forever Paws by Christine Davis (2011)
- ♥ Saying Goodbye to Lulu by Corinne Demas and Ard Hoyt (2009)

Updated November 2017 ♥ Evelyn Ivey, DVM ♥ (510)255-5984  
Peace for Pets Home Euthanasia ♥ More information at [www.PeaceForPets.net](http://www.PeaceForPets.net)

