

**Ancient Arts Vet**

**110 N 36th St, Seattle, WA 98103 206-547-1025**

Pet Grief Counseling

Coping with pet loss means healing in the absence (or prepared absence) of a beloved companion. Animals are with us through good times and bad. They are our confidantes, therapists, best friends, and family members.

Saying goodbye to a pet is one of the hardest things you will do on this earth. In the wake of pet loss, you might find peace in any of the following ways:

* Making a donation in your pet’s name
* Holding a memorial service
* Creating a memorial (planting a tree in your pet’s favorite spot, for example)
* Reading books on pet loss and grief

To help you get through the difficult road ahead, we’ve compiled a list of grief counseling outlets. Please also refer to the Bereavement & Coping page on our website under the Patients tab for further guidance.

The Rainbow Bridge Poem

**“Just this side of heaven is a place called Rainbow Bridge.**

**When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.**

**All the animals who had been ill and old are restored to health and vigor. Those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.**

**They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent. His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.**

**You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.**

**Then you cross Rainbow Bridge together....”**

**-Author Unknown**

Pet Loss & Grief Networks/Outlets

All of these groups are free to participate, donations accepted:

**Seattle Animal Shelter Pet Loss Support Group**

Thursdays 5:30-7 PM

2061 15th Ave W (in shelter conference room)

[seattle.gov/animalshelter](http://www.seattle.gov/animalshelter)

don.baxter@seattle.gov

**WSU Pet Loss Hotline**

1-866-266-8635

509-335-5704

plhl@vetmed.wsu.edu

**Seattle Humane Society**

Saturdays 10 AM

13212 SE Eastgate Way, Bellevue

425-641-0080

petloss@seattlehumane.org

**AHELP Project** (Animal Hospice, End of Life, and Palliative Care Project)

Michelle Nichols

michellenichols@gmail.com

Kirkland: 4th Wednesday every month, 6:30-8:30 PM, Seattle Veterinary Specialists (Education Room), 1184 115th Ave NE, 425-823-1141

Seattle: 2nd Sunday every month, 2 PM, Seattle Unity Church, 200 8th Ave N, 425-223-5722

**Humane Society for Tacoma and Pierce County**

Saturdays 10 AM-12 PM

2608 Center St, Tacoma

253-383-2733

**Association for Pet Loss & Bereavement**

[aplb.org](http://www.aplb.org)

**Global Candle Lighting Ceremony**

7 PM PST, Mondays

Every Monday all around the globe, pet guardians participate in a synchronized memorial to their beloved companion by lighting a candle at the specified local time. You don’t need to join a group or do anything extra to participate; just light a candle wherever you are at that time.

Local Private Grief Counselors

Farewells

**Diane Dyer**, RScP, Licensed Spiritual Counselor

206-437-2991

2642 NW 63rd St, Apt A, Seattle

**Linda E. Neahry**, MA, LMHC

206-782-6144

North Seattle

**Jennifer Streit**, LMHC

206-938-8539