



Pet Loss Resources

Books

The Loss of A Pet: A Guide to Coping with the Grieving Process When A Pet Dies
Wallace Sife

It's Okay to Cry
Maria Luiz Quintana

Children & Pet Loss: A Guide for Helping
Marty Tousley

Religious Books for Children on Death and Dying

The books on this list may introduce the concept of God or an afterlife.

Cat Heaven
Cynthia Rylant

Dog Heaven
Cynthia Rylant

Sally Goes to Heaven
Stephen Huneck

Secular Books for Children on Death and Dying

The books on this list deal with the issue of death in a secular way and do not introduce the concept of God or an afterlife.

Lifetimes: The Beautiful Way to Explain Death to Children
Bryan Mellonie and Robert Ingpen

The Tenth Good Thing About Barney
Judith Viorst

When a Pet Dies
Fred Rogers

Toll-Free and Local Helplines

[ASPCA Grief Counseling Hotline](http://www.petloss.com/) 1-877-GRIEF-10 (1-877-474-3310)
University of Minnesota School of Veterinary Medicine 612-625-1919
[CARE Pet Loss Helpline](http://www.pet-loss.net/) 1-877-394-CARE (1-877-394-2273)

Websites

<http://www.petloss.com/> Online chat groups, virtual candle-lighting ceremony every Monday, general support and information on pet loss

<http://www.pet-loss.net/> Information on pet loss as well as memorial items for sale

Pet Loss Support Groups

AERC of MN pet loss support group: fourth Tuesday of every month. 651-501-3759, ext 114

University of Minnesota Veterinary Social Services: pet loss support group meets 2nd and 4th Wednesday of the month. 612-624-9372

Animal Humane Society Pet Loss Support Group in Golden Valley: pet loss support group meets every Monday at 7pm. 612-730-6016

Association for Pet Loss & Bereavement (apl.org) offers online grief groups for people who can't get to an in-person group.