

Grief and Loss Support Resources



For many, the loss of a pet is the loss of a constant presence, a source of comfort, and unconditional love.

The depth of your grief reflects the depth of your love. There is no timeline for healing, and no expectation for how you “should” feel.

If you need support, it’s okay to seek it. You don’t have to carry this alone and there are resources available to help support you.

You deserve support as you navigate this loss.

If you’re finding this especially hard, consider connecting with a family doctor. If you don’t have one, walk-in clinics and urgent care providers are there to support you.



Additional Resources



If you are in crisis and need immediate support, please go to your nearest emergency department, or call 9-1-1.

You can also try the new BC Bereavement Helpline. It's open M – F from 9:00am – 5:00pm.
1-877-779-2223 (toll-free, outside of the Lower Mainland)
604-738-9950 (Lower Mainland)

The 988 Suicide & Crisis Lifeline offers 24/7 Canada-wide call, text and chat access to trained crisis counsellors who can help people experiencing suicidal, mental health crisis, and/or emotional distress.

Professionals specializing in Grief/Loss Support



Hounaida Bellasfar

welcomemydream.com



Faynix Chartrand

www.havenheights.ca



Michele Jarvis

Wonnacott

animalpsychic.ca



Struggling to assist your children in understanding the loss of a pet?

chancespot.org
is a helpful resource

