

# Pet Grief Group Short Series

## SESSION 1 - OPENING YOURSELF UP TO GRIEVING PROCESS

- Overview & introductions
- What is disenfranchised grief? How it encompasses pet loss and grief
- Goals worksheet for the future
- Sharing your grief story
- Anticipation of Loss
- Expressing your feelings of grief, the consequences of keeping it in
- Myths & realities revolving around grief
- Coping mechanisms
- Self Care & Eliminate Unnecessary Stress & Know Limits
- Discuss support available; family, friends, community

## SESSION 2 - MOVING FORWARD THROUGH LOSS

- Share favorite qualities of your pet & Embrace your treasure of memories
- Resilience
- Finding what works for you
- Getting another pet?
- Renew your framework of living
- Remembrance Pet Craft
- Importance of individual counseling
- Saying goodbye to group members, exchange info for support if desired

Light Refreshments will be served.

Sessions will be held on Fridays from 6-8pm

February 10 & 17 (2 part series)

at Deepwater Counseling's Main Office, located at  
3150 Packard Rd., Ypsilanti. (On the corner of Golfside & Packard)

Although this series is FREE, space is limited. Contact  
[info@deepwatermichigan.com](mailto:info@deepwatermichigan.com) or 734.203.0183 ext. 700 to register.