BEYOND THE PAW PRINT PET LOSS SUPPORT GROUPS



Transforming Pet Loss Grief

Beyond the Paw Print

You are invited to... Beyond the Paw Print Pet Loss Support Group

Are you being faced with unexpected end-of-life decisions about your companion animal? Perhaps you find yourself distraught and inconsolable over his or her death. Well-meaning friends, family or colleagues may not understand these feelings and just want you to *feel better*. So, you grieve the loss of your beloved animal companion in silence and isolation. **You are not alone**. Beyond the Paw Print has been serving the pet loss community since 2009, providing compassion, validation, and support. Take a first step: reach out today to learn more about how you can join a meeting. Together, we can embark on a journey toward healing.

Please visit our website, beyondthepawprint.com for more details about our meetings, Facebook group, and to learn about our book, *Tails from Beyond the Paw Print: Twenty-Two Stories of Love, Loss, and Lessons Learned from our Adored Animal Companions*.

When: The Second Monday of Every Month

Time: 6:30 pm - 8:30 pm

Where: The Second Monday of Every Month

RSVP: Required, "virtual" seats are limited

Email or call to learn how you can join a meeting: mgmoore@beyondthepawprint.com or 248.701.2345

Bring: Photo or memento of your best friend

Facilitator: Micky Golden Moore, Ph.D., M.S.H.P

Grief Support Specialist

Fee: A \$10 donation or the amount of your choosing.

No one in need of support will be turned away. Support us at: <u>beyondthepawprint.com/support</u>

The lowest ebb is the turn of the tide. -Henry Wadsworth Longfellow

Beyond the Paw Print Support Group Guidelines

- 1. BTPP was created with one central purpose: to offer support and validation for those grieving the anticipated or actual loss of a beloved animal companion.
- 2. During the meeting, time will be monitored to ensure that each attendee has an opportunity to share...the amount of time allotted varies depending on the number of attendees.
- 3. Sometimes in our grief, we might unintentionally find ourselves sharing opinions on other topics. When this happens, the facilitator has the right and responsibility of gently guiding the speaker back on course.
- 4. BTPP is not associated with any religious denomination.
- 5. BTPP is not associated with any political organizations.
- 6. The meetings are not a substitute for one-on-one counseling, neither are the meetings intended to function as group therapy.
- 7. We are all different, yet we come together as one sharing the grief associated with the loss of our beloved animal companions. May we honor our differences in the way we honor our shared grief: In kinship and kindness.
- 8. With the above in mind, let's stay on topic and make the most of our time together. In the meantime, please be gentle with your tender hearts...

MENTAL HEALTH DISCLAIMER

The support group, and Dr. Golden Moore, are limited to exclusively provide support for pet loss grief. If professional assistance is required outside the realm of pet loss grief support, the services of an experienced professional should be sought.

Beyond the Paw Print urges you to reach out to the following organizations if you, or someone you know, is depressed or struggling to cope with activities of daily living, or having thoughts of self-harm or possible harm to others.

Reach the <u>988 Suicide & Crisis Lifeline</u> by dialing **988**, available seven days a week, 24 hours a day. For emergency services, please dial <u>911</u>. Visit <u>NAMI.org</u>, the <u>National Alliance on Mental Illness</u> (<u>NAMI</u>) for mental health resources. Call <u>800-950-6264</u>, or text 'NAMI' to <u>62640</u> to find support.