



Pet Loss and Grief Support Resources

National Lap of Love Pet Loss & Bereavement Resource Line: (855) 352-5683

Resource Line Hours: 10:00am - 9:00pm EST Monday-Friday

In-Person and Online Support Groups



San Francisco SPCA

250 Florida St, San Francisco, CA 94103

415-554-3050

<https://www.sfspca.org/resource/pet-loss-support>

The San Francisco SPCA offers a free monthly support group on the 1st Tuesday of every month from 7:30-9:00pm for pet loss in person at their adoption center.



Veterinary Hospice & In-Home Euthanasia

Lap of Love

<https://www.lapoflove.com/our-services/pet-loss-support>

Free pet loss support groups several times throughout the week virtually via Zoom led by Pet Loss Support team. You must confirm your attendance via the link on their website prior to attending.



Peninsula Humane Society & SPCA

Peninsula Humane Society & SPCA

650-340-7022, ext. 328

BProbst@PHS-SPCA.org

<https://phs-sPCA.org/grief/>

Monthly pet loss support group led by professional counselor, their group meets via zoom the second Thursday of each month, from 7:00-8:00pm. There is no need to sign up or RSVP.



PetCloud

1-833-PET-1234

sayhi@petcloud.pet

<https://petcloud.pet/sunday-support-groups/>

Free online support chat rooms on Sundays as well as a support group that meets virtually on Sunday from 3:00-6:00pm. It's recommended to register and reserve your spot ahead of time.



Rainbow Bridge

http://www.rainbowbridge.com/Grief_Support_Center/Petloss_Grief_Support_Chat.htm

Pet loss grief support chat room open daily from 5:00am to 9:00am PST and from 9:00am to 12:00pm PST on Tuesday, Thursday, Saturday, and Sunday.

Recommended Reading for Adults

- **Losing a Best Friend:** A collection of articles for the bereaved pet owner who is anticipating or is coping with the death of a pet
 - <http://www.sfspca.org/sites/default/files/losing-a-best-friend.pdf>
- **Goodbye, Friend (Kowalski, Gary A.)**
 - Available at the SF Public Library:
<https://sfpl.bibliocommons.com/v2/record/S93C4135985>
- **Grieving the Death of a Pet (Carmack, Betty J.)**
 - Available at the SF Public Library:
<https://sfpl.bibliocommons.com/v2/record/S93C2057768>
- **Coping With Sorrow on the Loss of Your Pet (Allen, Moira Anderson)**
 - Available at the SF Public Library:
<https://sfpl.bibliocommons.com/v2/record/S93C1969542>

Recommended Reading for Children

- **A Snowflake in My Hand (Mooney, Samantha)**
 - Available at the SF Public Library:
<https://sfpl.bibliocommons.com/v2/record/S93C3613718>
- **When Your Pet Dies: A Healing Handbook for Kids (Ryan, Victoria)**
 - Available at the SF Public Library:
<https://sfpl.bibliocommons.com/v2/record/S93C4389705>