

Pet Loss Support Group

The Hawaiian Humane Society hosts a support group available on the first Tuesday of each month from 6 p.m. to 7 p.m.

Pet Loss Support Hotlines



- Iowa State University (888) 478-7574
- University of California at Davis School of Veterinary Medicine (800) 565-1526

Pet Cemeteries/Crematories

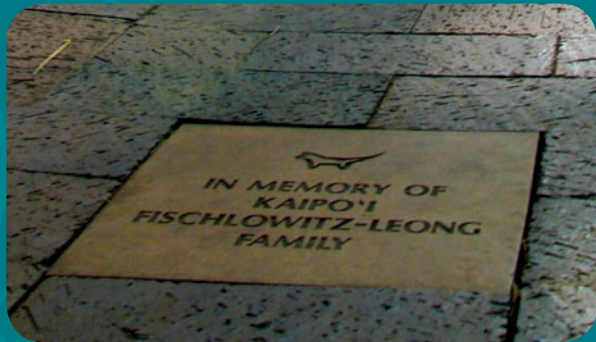
- Oahu Pet Crematory 371-7531
- Valley of the Temples Pet Cemetery 239-8811 (cemetery only)
- Hawaiian Humane Society 946-2187 (cremation only, no ashes released)

Home Burials

Some neighborhoods allow you to bury your pet at home. Check with the City and County Zoning Department and your homeowner's association. Call 356-2217 for more information.

Contact the Hawaiian Humane Society to learn more about the many ways to memorialize your pet including:

- Memorial contributions
- A memorial plaque, bench or tree
- Stepping stones on the garden path



Helpful Reading Materials

For Children

- *Sad Isn't Bad – A Good Guide for Kids Dealing With Loss*, by Machaelene Mundy
- *Helping Children Cope with Separation and Loss*, by Claudia Jewett Jarratt
- *Tigger and Friends*, by Dennis Hamley
- *I Wish I Could Hold your Hand – A Child's Guide to Grief & Loss*, by Pat Palmer & Dianne O'Quinn Burke

For Adults

- *Beyond Grief: A Guide for Recovering from the Death of a Loved One*, by Carol Staudacher
- *Coping with Sorrow on the Loss of Your Pet*, by Moira Anderson Allen
- *Living Through Personal Crises*, by Ann Kaiser Stearns
- *You Don't Have to Suffer: A Handbook for Moving Beyond Life's Crises*, by Judy Tattlebaum
- *Cold Noses and the Pearly Gates: A Book of Hope For Those Who Have Lost a Dog*, by Gary Kurz

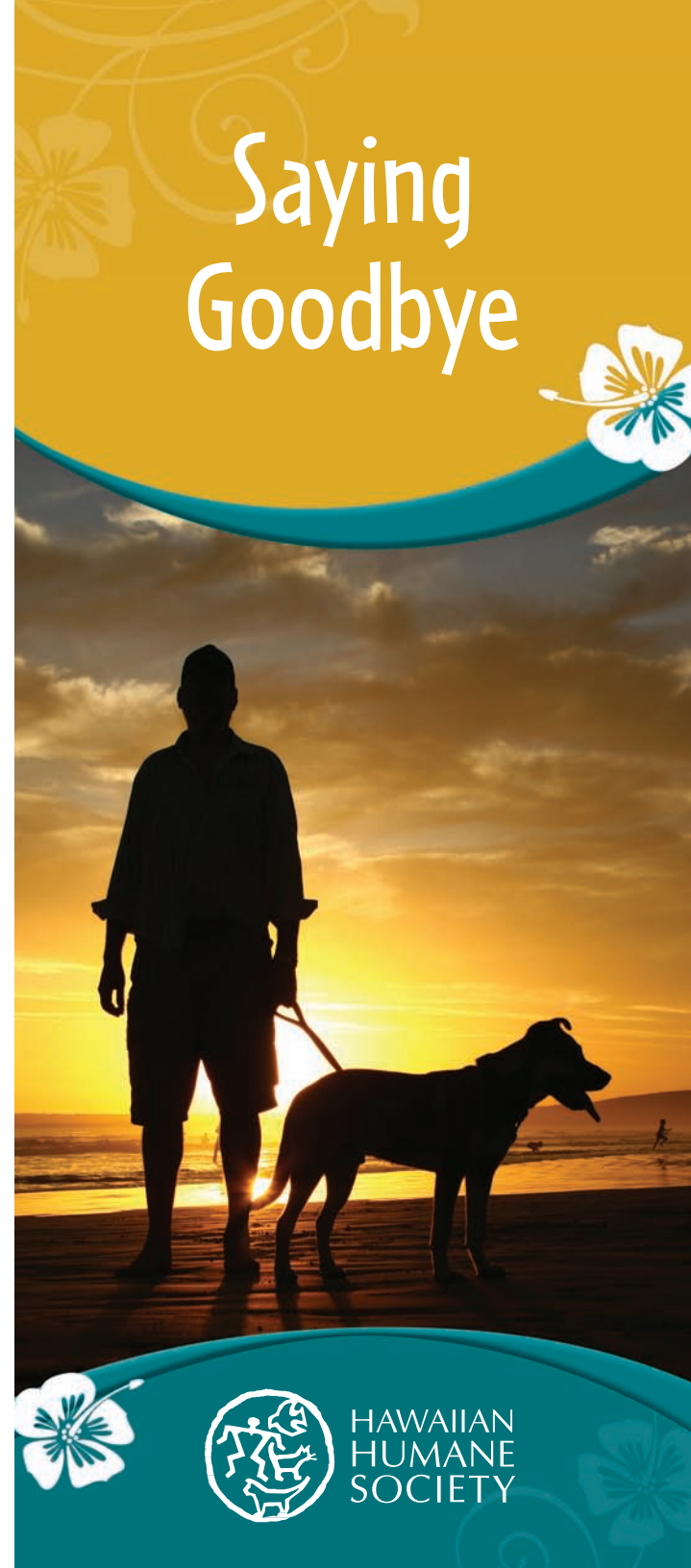


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Saying Goodbye



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Saying goodbye to a beloved pet is never easy. When a person dies, there is often a network of family, friends and professionals to help loved ones with the painful process of grieving. When a pet dies, those left behind are often alone with their grief. You can celebrate your pet's life in so many ways.

- Record happy memories in a journal or a letter.
- Make a photo album or collage.
- Plan a memorial service.
- Volunteer to help animals at the Hawaiian Humane Society.
- Make a donation in memory of your pet to the Humane Society.

Making a Decision

While euthanasia is never an easy decision, it takes a great deal of strength and love. Pet owners believe their decision was based on the fact that their pets could no longer live with dignity and without pain. This self-sacrifice – giving up your companion in order to ease the animal's pain – may elicit a variety of emotions.



Stages of Grief

A better understanding of the stages of grief can help tremendously.

Denial This is a natural first reaction to the news that your pet has died or is about to die. You simply don't want to believe it.

Bargaining This is perhaps the shortest of all stages of grief. You may promise to spend more time with your ailing pet, to shower your pet with gifts, if only he will stay with you a little longer.

Anger It evolves from the frustration you are experiencing. Anger can turn inward and emerge as guilt.

Depression Tumultuous emotions can become sorrowful expression. Most people feel a lack of motivation and would like to withdraw from a busy, happy world. By taking a step back, you will allow yourself time to heal and put your pet's death in perspective. This time alone will help.

Choose Adoption When the Time is Right



Acceptance is the final stage of grief, which allows you to take a fresh look at yourself and the world around you. In time, the pain will lessen and memories will evoke joy instead of tears. When you are able to focus on all the happy moments of your pet's life and not on death, you are well on your way.

You may be tempted to acquire a new animal to help you cope with grief. It's recommended that you wait until you've recovered from the loss of your companion. Take the time to ensure that the whole family is ready for a new pet and the lifelong commitment that comes with a new companion. When you're ready, visit the Hawaiian Humane Society and always choose adoption. There are so many homeless animals seeking a caring companion like you.

What Do We Tell the Children?

When a family pet dies, it may be your child's first experience with death. The way you choose to explain this event can lay the foundation for your child's view of death.

- If your children do not see you sad or upset, they may fear that their own sorrow is unnatural.
- Your child's imagination of how your pet died may be far worse than reality. If you would like euthanasia or the cause of death explained by a professional, ask your veterinarian.
- Children take many statements at face value. If they are told, "Buster went to sleep forever," they may fear sleep.
- Children often feel guilty for things they did not do. Explain that your pet's death was not anyone's fault and that your pet is no longer in pain.
- Encourage your child to talk about fun times and happy memories of your pet.