

# Pet Loss Bereavement Support Group

Grief related to losing an animal companion can be isolating, particularly right now when there is so much uncertainty in the world. As we head into a long winter, building social supports is more important than ever.

Using peer supports is proven to be helpful in navigating your grief. If interested, we invite you to please join Angell's Veterinary Social Worker, Julie Gass, for a monthly Pet Loss Bereavement Support Group via Zoom.

**Where:** Currently, support groups will be held live via Zoom meeting.

**Date and Time:** Meetings will be held on the 3<sup>rd</sup> Monday of the month from 5pm to 6pm.

**Registration:** You must pre-register by emailing our Veterinary Social Worker, Julie Gass, LICSW at [jgass@mspca.org](mailto:jgass@mspca.org). You will be provided with a Zoom link and password.

We hope that you'll consider joining us. You don't have to do this alone!