



## Pet Loss Support Groups

- Weekend and evening groups available
- Interact with others dealing with the loss of their beloved animal companion
- Learn about the grieving process and practical strategies for coping
- Share your own experiences, challenges, and coping strategies that have worked for you
- These *free-of-charge groups* will be facilitated by Gentle Goodbye's Licensed Bereavement Counselor, Kristin Erickson, LCSW

### Two Options

- **Teleconference/Video-conference Group**  
**Sessions-** Join others in an hour-long session by calling in, or by online video conferencing from the privacy of your home
- OR**
- **In-Person Group Sessions** - Join us at a convenient Stamford location for an hour long in-person session

Call us at **203-569-9070** or visit **www.GentleGoodbye.org** for more information on upcoming dates or visit us on Facebook



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