

# Are You Grieving the Loss of a Beloved Pet?



Losing your companion, and a part of your family, can be heartwrenching, no matter the circumstances. You may be experiencing many emotions at once, such as shock, disbelief, anger, sorrow, or guilt. All of these feelings are a normal part of the grief process. It is important to take the time to grieve. I invite you to join me in this nonjudgmental group environment where your loss will be acknowledged, and support will be provided.

## Pet Loss Support Group ~ Ongoing

**Schedule:** Mondays 7:00 - 8:30pm  
November 5, 12, 19 and 26, 2018

**Location:** Crossbridge Counseling  
Crossbridge Office Park  
2000 S. Winton Road  
Building 4, Suite 200  
Rochester, NY 14618

**Facilitator:** Anne Marie Farage-Smith, LMHC

**Cost:** \$ 40 / Session (4 Sessions)  
*Advance Registration & Payment Required*

*Please bring a picture of you and your pet!*

### Topics we will explore together:

- Understanding the human-animal bond and the impact on your life
- The nature of grief
- Sharing your story
- Honoring your Pet's memory
- Nurturing yourself

Groups are ongoing; however no group is offered in October 2018.

Call Anne Marie at 585-615-5492 for more information or to register.



About the Facilitator,  
**Anne Marie Farage-Smith, LMHC**

Anne Marie is an experienced, licensed mental health counselor with Counseling Connections. She specializes in counseling individuals experiencing grief and loss, and is passionate about assisting people through the loss of their beloved pets. She would be honored to assist you in your journey of healing.