

THE ASSOCIATION FOR PET LOSS AND BEREAVEMENT



Have you recently lost a beloved pet? Or do you know anyone who has and could use some free expert guidance? We are here for you.

The APLB chatrooms have been specifically designed for supportive guidance through pet loss bereavement, only.

Pet Loss Chats: Monday, Tuesday, Wednesday, and Friday nights from 8-10 p.m., and Sunday afternoon from 2-4 p.m., all Eastern time.

Anticipatory Bereavement Chat:
1st and 3rd Thursday nights of the month from 8-10 p.m. Eastern time.

West Coast Chat: 7-9 p.m., Pacific Time

Internet address: www.aplb.org
Email address: aplb@aplb.org

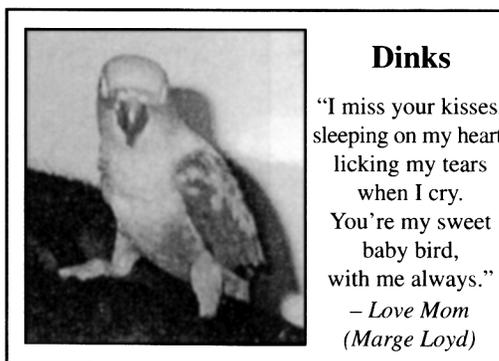
*The Association for Pet Loss
and Bereavement
P.O. Box 55
Nutley, NJ 07110
(718) 382-0690*

Our chatroom hosts and assistants have all suffered the loss of beloved pets-from age and illness, surgery, theft, euthanasia - as well as other reasons.

You will chat with other people with pet losses very similar to yours, and some that are very different - but all with very similar pain. Sharing that personal grief with others who understand is the beginning of your recovery.

The bond that we develop with pets is as wonderful and rewarding as it is fascinating and practical. It is an active reaching out and sharing of life with another living being who happens not to be human. This relationship offers us a chance to share and express our pure selves, without feeling the need to defend our actions or feelings.

There are many emotions that arise from the loss of a pet. Among them are shock, disbelief, anger and guilt. They are predictable responses. But with the support of our trained hosts and assistants you will learn how to process those feelings.



Dinks

"I miss your kisses,
sleeping on my heart,
licking my tears
when I cry.
You're my sweet
baby bird,
with me always."
- Love Mom
(Marge Loyd)

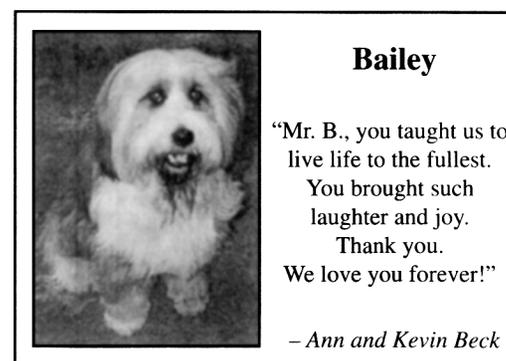
- The Loss Of A Pet -

A limited number of pet bereavement books can be found in most major book stores. There is also a bibliography page on our website where you can browse through many helpful titles and order them directly.

Our recommended reading is *The Loss Of A Pet*, by Wallace Sife, Ph. D. This is a very well-written, easy to read book in which the author has explained and illustrated each stage of the grieving process. We are given an understanding of why we feel as we do in our sorrow. This book has won many awards for its pragmatic insights into pet bereavement, and its successful approach to healing.

On our website you will also find many links to other sources of helpful support.

The pictures and memorials on this flyer have been taken from our own *In Memoriam* pages, and are memorials for members' beloved pets - similar to yours.



Bailey

"Mr. B., you taught us to
live life to the fullest.
You brought such
laughter and joy.
Thank you.
We love you forever!"
- Ann and Kevin Beck

PET LOSS CHAT TIMES

Mon., Tue., Wed., & Fri. Nights

PST: 5-7PM

CST: 7-9PM

MST: 6-8PM

EST: 8-10PM

Sundays

PST: 11AM-1PM

CST: 1PM-3PM

MST: 12 NOON-2PM

EST: 2PM-4

ANTICIPATORY BEREAVEMENT CHAT TIMES

1ST & 3RD THURSDAY NIGHTS

PST: 5-7PM

CST: 7-9PM

MST: 6-8PM

EST: 8-10PM

WEST COAST CHAT TIMES

THURSDAY NIGHTS

PST: 7-9PM