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

_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

<table>
<thead>
<tr>
<th></th>
<th>PST: 5–7PM</th>
<th>CST: 7–9PM</th>
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<tbody>
<tr>
<td></td>
<td>MST: 6–8PM</td>
<td>EST: 8–10PM</td>
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**Sundays**

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<thead>
<tr>
<th></th>
<th>PST: 11am–1pm</th>
<th>CST: 1pm–3pm</th>
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<tr>
<td></td>
<td>MST: 12 noon–2pm</td>
<td>EST: 2pm–4</td>
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### ANTICIPATORY BEREAVEMENT CHAT TIMES

1st & 3rd Thursday Nights

<table>
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<th>PST: 5–7pm</th>
<th>CST: 7–9pm</th>
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<tbody>
<tr>
<td></td>
<td>MST: 6–8pm</td>
<td>EST: 8–10pm</td>
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### WEST COAST CHAT TIMES

Thursday Nights

PST: 7–9pm