

GRIEF AND LOSS OF PETS



I have had the unique opportunity to have been able to help many people cope with the loss and grief in losing a pet. I have a lot of experience with animals and can relate on many levels with those that have lost a pet and so truly empathise with what you may experience at this time.

The grief and loss one will feel after losing a pet will be no different to that of any other loss. This can include losing someone you love or are close too, even the loss of a friendship, the community your live in or your job.

When you lose a pet, how you may feel and cope with life on a daily basis is no different to that of other losses.

Having bred beautiful Burmese with my husband for a number of years, we have suffered our fair share of grief and loss. Even rearing a litter of kittens and then having to say goodbye when they join their new family and home, has been a process of grief and loss for us.

The loss of a pet can be a truly unique journey. As a professional counsellor and therapist I offer a unique service that takes into consideration the care, time and

special understanding of the rare bond a person and pet can hold.

Josephine Luna

Professional Counsellor/Therapist
Dip Prof Couns, Cert Mktg, Adv Cert Adult Ed
Qualified Member: A.C.A. A.I.P.C., JP

Specialising in:

**Childhood Development and Parenting
Workplace and Career Counselling**

Personal and Relationship Counselling

Mobile: 0412 263 088

Telephone: (02) 9824 7865

Email: restorebalance@optusnet.com.au

Web: www.restorebalance.com.au

ABN: 52 700 873 796



'Helping to Restore Balance'