

Pet Grief

Facilitated by Sharon Tosh – Grief Coach

This online session, *Pet Grief: Honouring the Loss of a Beloved Companion*, provides a compassionate space to explore and understand the unique grief that comes with losing a pet

Course Information

Losing a pet can be one of the most heartbreaking experiences we face, yet pet grief is often misunderstood or minimised. This gentle online session explores the unique pain of pet loss, including grief, guilt, loneliness, difficult decisions, and the lasting bond we share with our beloved companions. Find understanding, compassion, and practical support as we navigate the reality of pet grief together.

Because they were never "just a pet."

Course Aim

Over the course of 2 hours, participants will learn about the emotional impact of pet loss, why it can feel as intense as losing a person, and common challenges such as guilt, loneliness, and disenfranchised grief. The session is designed to provide accessible, evidence-informed tools that support resilience, self-awareness, and wellbeing across both professional and personal life.

For further information on training please contact:

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Places are limited to 4 per organisation . Age restrictions apply. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.