

# Welcome

Thank you for joining our Pet Loss Support Group



Over the next 6 weeks we will meet in a group setting each week to discuss our experience as pet parents and guardians. Whether you are anticipating pet loss or have gone through a pet loss it can be difficult to move through the emotions involved. By completing this program you will learn the tools and techniques to work through your grief and express yourself in a safe and confidential space.

*Louise*



# About me

My name is Louise and I am the founder of Light After Loss and an Advanced Grief Recovery Method Specialist based in Munster, Ireland.

**Having gone through my own pet loss I sought a way to move through the trauma and anxiety that I faced but wasn't prepared for.**

**I wanted to learn how to help myself and then others through the heartache of loss. During my training I was guided step by step through this amazing program and I had the ability to heal so much of my unresolved grief from some very intense losses that I had experienced in my life.**



**Grief Recovery Method Specialist**

Certified by The Grief Recovery Institute

# Program Overview

Over the course of 6 weeks we will discuss:

- Grief misinformation
- Myths about grief
- Grief relieving behaviours
- Unresolved grief and incompleteness
- Grief recovery components
- Grief discovery to completion



# Getting Started

1. Thank you for your payment and agreeing to the terms in the registration agreement
2. Receive your Grief Recovery Handbook for Pet Loss in the mail
3. Please use a Laptop, PC or tablet for our Zoom sessions. Due to the nature of the program a mobile phone is not suitable.
4. Attend your group sessions and begin to implement the tools and techniques discussed

**Call details will be sent to you within 24 hours of your first group session.**

**If you have any questions before our first session please email [info@lightafterloss.ie](mailto:info@lightafterloss.ie)**

