

## ABOUT US...

We are probably like you in many ways:

- We deeply love animals – especially our own animal companions.
- We hate to see animals suffer.
- We have ourselves experienced the agony and pain of seeing our animal friends injured, ill, dying, lost, and euthanized.
- We know from our own experiences how terrible it feels to lose precious, treasured relationships with our animal companions.
- We ourselves have, at times, been responded to with insensitive & inappropriate comments after we shared our personal stories of loss.
- We sometimes have felt alone in our grief and in need of compassionate, patient, and understanding others to safely and seriously talk to about this.
- From our own experiences of and journeys through loss we have developed a need to caringly reach out to others to help them through their acute grief and their subsequent mourning process.

**PLEASE HELP US TO BE THERE!**  
**As people who understand and celebrate the human-animal bond, we need each other, and we need your support. Share this brochure with family & friends, your veterinarian & other pet professionals.**

## Our Mission Statement:

The Animal Love and Loss Network (ALLN) seek to bring together those who are mourning the injury, illness or loss of an animal companion. We also represent and support those who are working to end the exploitation and suffering of animals, and those who celebrate and strive to further an appreciation of the human-animal bond through humane education.

We are a group of caring individuals, dedicated to helping themselves and others to better understand and move through the pain of loss and grief.


## Our Vision Statement:


At ALLN, we envision a world in which bereaved caregivers of animal companions are respected and supported for the special relationships they have lost. We look forward to, and will work collaboratively towards, the ending of unnecessary suffering of animals and the humans who care for them.

### **We can help...**

Please visit our website and feel free to join us in our moderated Chat Rooms at [www.alln.org](http://www.alln.org) Please note: All times are Eastern Standard Time (EST)

 SUNDAYS 2 PM to 5 PM (EST)

 TUESDAY 12 (noon) to 2 PM (EST)

 WEDNESDAYS 8 PM to 10 PM (EST)

 FRIDAYS 8 PM to 10 PM (EST)

**Visit our site for pet-related information, brochures, and additional resources.**

## **Animal Love & Loss Network Membership**

The Animal Love & Loss Network invites you to join us! We are a diverse group of dedicated individuals who love and support animals. With your membership and support ALLN will be able to host moderated support chats, provide education, referrals and off-line support. Annual membership cost is \$20.00 (U.S.)

### **BENEFITS OF MEMBERSHIP**

- Free Pet Photo in ALLN FAMILY ALBUM Memorial or current companion
- Receive the ALLN Newsletter and the opportunity to submit articles, or photos for publication
- Support the ALLN up-to date informative website
- Help to promote the availability & accessibility of pet bereavement resources.
- Help to promote the understanding & appreciation of the human-animal bond, and advocate for humane treatment of animals.
- For Professionals: Listing in the ALLN Support/Professional Pages

**Animal Love & Loss Network**  
P.O. Box 132, Grand Rapids, MN  
55744  
 618-544-5692

Any questions or comments please email: [nancy@alln.org](mailto:nancy@alln.org) .

## What Can I expect to feel?

**Guilt** may occur if you feel responsible for your pet's death-the "if only I had been more careful" syndrome. It is pointless and often erroneous to burden yourself with guilt for the accident or illness that claimed your pet's life, and only makes it more difficult to resolve your grief.

**Denial** makes it difficult to accept that your pet is really gone. It's hard to imagine that your pet won't greet you when you come home, or that it doesn't need its evening meal. Some pet owners carry this to extremes, and fear their pet is still alive and suffering somewhere. Others find it hard to get a new pet for fear of being "disloyal" to the old.

**Anger** may be directed at the illness that killed your pet, the driver of the speeding car, the veterinarian who "failed" to save its life. Sometimes it is justified, but when carried to extremes, it distracts you from the important task of resolving your grief.

**Depression** is a natural consequence of grief, but can leave you powerless to cope with your feelings. Extreme depression robs you of motivation and energy, causing you to dwell upon your sorrow.

From: "Ten Tips on Coping with Pet Loss," by Moira Anderson Allen, M. Ed.  
<http://www.pet-loss.net/>

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A bibliography on pet loss and pet loss-related issues for animal guardians, parents, children, & professionals can be found at our website.

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P.O. Box 132  
Grand Rapids, MN 55744



## THE ANIMAL LOVE & LOSS NETWORK WELCOMES YOU...

The founding members of the Animal Love & Loss Network (ALLN) are a group of sincere, dedicated caregivers of animals, volunteers, and professionals who came together with a common vision – that no one need suffer alone the very real pain brought about by the illness, loss or death of an animal companion. We offer support, comfort, information, and educational services to those in need, and to the people who love them.

We welcome your participation in our vision, and in our organization. Whether you are seeking grief support at a time of need, or would like to contribute your time, skills, ideas, and enthusiasm to help us reach out to others and to grow as an organization.

Please check out our new web site.  
[www.alln.org](http://www.alln.org).