

Free Virtual Support Groups

Grief impacts everyone differently. Some find connecting with others through sharing stories and experiences, and processing their feelings with others is beneficial to the healing process.

Below are some links to free virtual options for support groups throughout the U.S. along with a quick blurb on the support groups' focus:

[Lap of Love](#)

- Pet loss support groups can provide a safe and non-judgmental place for family members to go to be able to share their feelings and experiences, whether it be before or after the loss of their beloved pet. Support groups are a place where family members will meet others who understand what they're going through, as many times your own family and friends may not completely understand your grief. Many groups welcome children as well.
- Group options are for pet loss support, family and children's pet loss support and anticipatory grief; these sessions last for approximately an hour and pre-registration is required.
- For additional questions, please call 855-933-5683.

[UT Knoxville](#)

- Pet loss support groups provide a caring environment where people can share their varied experiences of loss and grieving with others who are having similar experiences; a place to remember and honor the life of the animal who has died; an opportunity to learn additional ways of coping with the loss of an animal; and, resources regarding issues related to pet loss.
- Groups are held via telehealth and more information about signing up for a group is on the website linked above. For further questions, please call 865-755-8839.

[DoveLewis](#)

- The loss of a pet can be devastating. For many, this is a loss not only of a pet, but of a best friend. Pets shared their lives, dreams, homes, and affections with us and because they touched our lives so deeply, DoveLewis believes they are deserving of our grief.
- Grieving for a pet is a natural, normal, and personal process, and group support can be a helpful outlet. During each session, Debrah Lee, a licensed clinical social worker and the director of the DoveLewis Veterinary Well-being Program, will lead the group in discussions that will open up opportunities to reflect, share, listen, and heal at your own pace. Please [register](#) in advance for the session you plan to attend.
- If you have questions, please email petloss@dovelewis.org.

LSU School of Veterinary Medicine
Best Friend Gone Project
lsu.edu/vetmed