



FOR IMMEDIATE RELEASE

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Easing the pain of losing a furry Valentine

BERKELEY, CALIF. – Many people experience enormous sadness when their pets die. The feelings of grief, despair, and loss are sometimes overwhelming. A sentimental annual event such as St. Valentine's Day can exacerbate these feelings or cause them to resurface.

The Berkeley-East Bay Humane Society (BEBHS) offers a monthly support group to help you if you are grieving the loss of a beloved pet. It is facilitated by Roy Gesley (AAPC Pastoral Counselor) and Jill Goodfriend (Registered Nurse and Licensed Psychotherapist). According to Goodfriend, "A lot of people have more trouble getting over the loss of a dear companion animal than the loss of a human friend or family."

The next meeting is shortly after Valentine's Day on Tuesday, February 17th. Also, welcome are people dealing with anticipatory grief when their pets are elderly or very ill.

What: Pet Loss Support Group

When: 3rd Tuesday of each month. 7:00-8:30pm

Where: BEBHS, 2700 Ninth St., Berkeley

Cost: No fixed fee. (We do appreciate a donation to help cover costs of printed handouts.)

Web page: berkeleyhumane.org/Community/Pet_Loss.htm

NOTE TO EDITORS / PRODUCERS: Jill Goodfriend is available to be interviewed and can provide the media with contact information for support group members who are also willing to be interviewed.

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