



## Grief Support

At MASH, we are all animal lovers. We understand how difficult it is to lose, or anticipate the loss of, a pet you love so deeply. Animals provide us with unconditional love and companionship, we often view them as members of our family. When we lose our beloved pets, it can be especially difficult as they are so integrated into our daily routine (*morning walks, medications, meal times, etc*). At times, the loss of an animal can not be validated by society, making the experience especially isolating.

Feeling supported after the loss of a loved one is imperative to moving through the grief process. At MASH, we greatly value the human animal bond, and have an on staff veterinary social worker, a licensed mental health clinician, who is available to help you navigate these feelings.

For some, speaking to others in the form of a support group provides a sense of validation. For this reason, MASH has created a pet loss support group, which occurs the first Wednesday of every month at 4:30pm (Spanish available upon request), the second Sunday of every month at 3:00PM (English Only) and the last Wednesday of every month at 5:30 pm (English Only). Due to COVID, the group will be conducted via Zoom. If you are interested in participating please contact Rebecca Baker, LCSW at RBaker@mash.vet, Lily Poulter, LSW at LPoulter@mash.vet or Victor Luna at VLuna@mash.vet.

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(855) 350-7387 | [www.mash.vet](http://www.mash.vet)

### MASH Pet Loss Support Group

#### Days

The **first** Wednesday (Spanish available upon request), **second** Sunday (English only) and **last** Wednesday (English only) of every month.

#### Times

\*4:30 PM | Wed | RVSP at VLuna@mash.vet  
3:00PM | Sun | RSVP at LPoulter@mash.vet  
5:30 PM | Wed | RVSP at RBaker@mash.vet

\*SPANISH AVAILABLE UPON REQUEST

#### Location

Due to COVID-19 we will be conducting virtual meetings via Zoom.

#### RSVP

If you are interested in participating, please contact Rebecca Baker, LCSW at RBaker@mash.vet, Lily Poulter, LSW at LPoulter@mash.vet or Victor Luna for the Spanish available support group at VLuna@mash.vet.

#### Zoom Link Information

Link: <https://zoom.us/join>  
Meeting ID: 516 276 2513  
Password: 819641