



Pet Loss Support Group

**for those grieving or preparing for
the loss of a pet**

**Sponsored by the
Athens County Humane
Society (ACHS)**

**Too often, those who are grieving the
loss of a pet do not feel validated by
the responses of their friends and
family.**

**A grief support group can offer that
validation and an opportunity to
express feelings to others who have
experienced a similar loss or are
preparing for the loss of a pet.**

**The Grief Support Group will be an
open group. This means that
participants can start and end or
return at any time.**

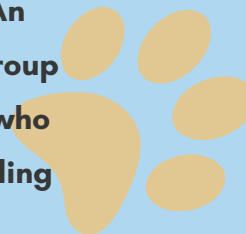
**The group's main focus will be on the
process of grieving and healing, which
can be different for everyone. An
important part of the support a group
can offer is hearing from others who
are at different places in the healing
process.**

**There is no charge to attend the
support group. It is open to anyone
who is experiencing grief over the loss
or anticipated loss of a pet.**

**ATHENS PUBLIC
LIBRARY,
SMALL MEETING ROOM**

**1ST AND 3RD
SATURDAY OF EACH
MONTH**

**BEGINNING
NOVEMBER 16TH, 2024
9:30-10:30 A.M.**





FACILITATORS

**Char Rae
and
Mary Connolly-Starkey**

CHAR RAE

Char Rae has been a volunteer for Athens County Humane Society for over 20 years and has experienced the loss of a pet many times. Char has experience working with groups and teaching group communication. She has a Master's degree in counseling and a Ph.D. in interpersonal communication.
Email: happyforOctober@gmail.com

MARY CONNOLLY-STARKEY

Mary Connolly-Starkey is a Veterinary Assistant and has worked in animal welfare for several years. Mary is in the process of becoming a Certified End of Life Pet Doula. Beyond the support she provides to those experiencing end-of-life, she has also helped four of her own companions' transitions.
Email: aheartfeltfarewell@gmail.com