



*Helen Goldberg*

Pet Loss Counselling



*~ Because I Truly Care*

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# PET LOSS GRIEF RECOVERY

## MEET HELEN GOLDBERG, PGRS-C

A graduate of the Blackford Centre Pet Bereavement Certificate Program, the American Academy of Grief Counselling and a certified Pet Loss Grief Recovery Specialist.

Helen opened her practice, Helen Goldberg, Pet Loss Grief Counselling, in Toronto Canada, in 2018.

Her passion for animals and empathy for people combined with her extensive professional training allow Helen to assist pet-parents along their healing journey and provide them with proven tools to successfully move forward through their grief. She also offers support to veterinary professionals through clinic workshops and 1:1 sessions.

## ABOUT PET LOSS GRIEF COUNSELLING

All forms of life will end. Some young, some old, some chronically or terminally ill, and all too soon. Companion animals are a source of unconditional love who play a vital role in our daily lives. People structure their time and routine around pet care throughout an animals life and when change comes through pet loss it can feel extreme, sudden and heartbreaking. Studies have shown the loss of a pet is as impactful as the loss of a close human. For children the loss can be especially traumatic. Oftentimes, a pets passing will be the child's first experience with death. For veterinary professionals who are faced with death on a daily basis in clinical practice, there is an alarming trend of suicide. This is a silent crisis.

We are now faced with the added stress of a pandemic and all the difficulties it poses for animal guardians and medical professionals. Many find themselves completely overwhelmed. Compound this with pet loss and the grief journey becomes more multifaceted, more overwhelming to navigate and can require professional support intervention.

There is no right or wrong way to grieve, there is only your way. Grief is an individual journey. With support and understanding, that journey can be understood and managed to a place of healthy acceptance.

## FOR MEDIA INQUIRIES



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