

HONORING THE BOND

A Grief Process Group for the Loss of an Animal Companion

*They were part of your everyday life.
Their absence deserves space, too.*

Losing a pet or longtime animal companion can leave a profound emptiness. You may miss their presence, familiar routines, and the particular comfort of being together. It can be especially lonely when others don't understand the significance of your loss.

This small, therapist-led group offers a place to speak openly about your companion and connect with others who understand that bond.

Together, we'll make room for:

- Missing their companionship and daily presence
- Guilt, second-guessing, or feelings surrounding euthanasia
- Changes in routines, identity, and sense of home
- Memories and ways of honoring your relationship
- Receiving support and allowing moments of comfort or joy

Whether your companion was a dog, cat, horse, bird, or another animal, your relationship and your grief are welcome here.

Location: Westlake Village
Meetings: Tuesdays @ 7pm [90 min]
Beginning: January 12, 2027
Fee: \$60 per group session

Interested? Contact hello@brandilozano.com to arrange a brief screening conversation and explore whether this group is a good fit.



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