

## **Hampton Roads Pet Loss Support Group**

The Hampton Roads Pet Loss Support Group was founded in January of 2012 as a safe environment for those families grieving after the loss of a beloved furry friend. Our meetings are held on the first Tuesday of every month and rotate between public libraries in Hampton and Virginia Beach. Each meeting begins with a short video about pet loss and then our professional counselor leads the group in an open discussion of the normal grief process. All meetings are free to attend and are open to the public. Each meeting typically has approximately 5-10 people in attendance, which includes a mix of first-time attendees and returning group members. First time attendees may find it helpful to bring a photo of their pet to help share their story.

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