



The group is led by:

### About Katlyn Stranger, LMFT, SE

Katlyn Stranger has been in private practice as a Licensed Marriage and Family therapist for the past three decades working with individuals, couples and families. In her capacity as a psychotherapist, Katlyn supports and treats a full spectrum of presenting issues, whether individual, clinical, social, or spiritual. As well as being an LMFT, Katlyn is a Certified Somatic Experiencing Practitioner specializing in working with individuals to help them understand and resolve, on a physiological basis, old trauma-based patterns that can manifest in the body when dealing with the loss, or impending loss, of a beloved animal companion, just as occurs in any deeply held relationship with other family members and friends. She also created and facilitated the Pet Loss & Bereavement Support Group at Marin Humane back in the 1990's and acted as a consultant to Guide Dogs for the Blind. She is uniquely qualified and experienced in her field to deal with loss, bereavement, trauma, and PTSD. Phase of life and transition issues have been of particular emphasis in her practice. Katlyn is please to provide this vital service to members of her community through PESCM, since it is also an integral part of her private practice work.

#### For More Information:

Please feel free to speak with Katlyn Stranger directly; she can be reached at 415-419-2416

## How to Cope When It's Time to Say Goodbye

*"Until one has loved an animal, a part of one's soul remains unawakened." ~ Anatole France*

Each of us experiences the grief process in a unique way; there is no right or wrong way to grieve. Grief may last from a few weeks to many years. Many people report feelings of shock, numbness, irritability, anger, guilt, fear, anxiety, loneliness and/or depression. Physical sensations may include exhaustion, hollowness or tightness in the stomach or chest, weakness, headaches, appetite disturbances, and/or change in sleep patterns. People often report being haunted by their last experiences with their pet, replaying the final events over and over in their minds, or imagining that they still catch glimpses of them. Pet owners nursing a companion during the closing days of its life may experience any or all of these emotions in anticipation of their pet's death.

Although all of these reactions are part of the normal grief process, many people are afraid that they are overreacting. Others find their feelings so intense that they are concerned their pain may never diminish.

The first step in dealing with grief is to acknowledge your feelings. The second is to determine what actions will best help you resolve your pain. Many people are willing to offer well-intentioned advice, but only you will know what best supports you. We are here to help with the difficult journey.



### If you would like to join us...

DAY AND TIME: Third Thursday of every month

TIME: 7:00 pm- 8:30 pm

WHERE: Pet Emergency and Specialty Center of Marin, 901 East Francisco Boulevard, San Rafael

#### ADDITIONAL INFORMATION:

Free, light refreshments will be served.

There is FREE parking directly behind our hospital.

There is NO cost to attend.

Feel free to bring a photo to share; you may also share your stories or challenges.

