

Pet Bereavement

We know that grief following the loss of a much loved pet can be intense.

We understand that it can be difficult to find someone to talk to when friends and close family have never had such an animal companion.

Our volunteers have experienced the feelings associated with such loss. Sharing your thoughts with someone who understands can be helpful.

Please, if you feel we can help in this way, do not hesitate to contact us.

I'll Be Here

I cannot ease your aching heart,
Nor take your pain away;
But let me stay and take your hand
And walk with you today.

I'll listen when you need to talk.
I'll wipe away your tears;
I'll share your worries when they
come,
I'll help you face your fears.

I'm here and I will stand by you,
On each hill you have to climb;
So take my hand, let's face the
world...
And live just one day at a time.

You're not alone, for I'm still here,
I'll go that extra mile;
And when your grief is easier,
I'll help you learn to smile.

Author Unknown.

www.indianchild.com/inspirational_friendship_poems.htm



**The Bereavement Support
Network is a registered
Association for the Support
of the Bereaved**

Association No W831001805

www.bsnvar.org



Do you need someone to talk to?

If you are going through bereavement or need pre-bereavement support, as a carer, or for yourself, we can help.

Who are we?

We are a group of committed volunteers, with concerned, trained members who support people throughout France.

There is no fee for our time and support.

Just caring...

What do we do?

We can support you through this time of loss.

Help you through the pain and loneliness.

Help you to adjust to life changes.

We can support you with your grief

How do we support you?

We listen... because we know that you may need to talk about your loss, yourself, your fears and concerns. Sometimes, family and friends are not enough. We help you to gain a deeper understanding of your feelings, thoughts and behaviour at this stressful time.

We listen... because we know it is normal that sometimes you need to express feelings of anger or guilt, helplessness and anxiety.

We listen... and we offer support. If you need it, we offer friendship. We offer our time and a safe environment for you to deal with the issues surrounding your bereavement.

Please, if you feel we can help, take the time now to contact the Bereavement Support Network. We can arrange straight away for you to either meet or speak on the telephone to someone who will support you through these difficult times.

Our contacts:

Tel (between 07:00 and 23:00)

04 94 84 64 89

06 32 35 31 24

By email at **info@bsnvar.org**

For more information, see www.bsnvar.org

All conversations and meetings are held in the strictest confidence.