

Forever in Our Hearts

A Guide to Honouring Your Beloved Companion



MAPLE RIDGE
FUNERAL CHAPEL

This guide is designed to help you navigate grief and honour your pet's legacy with dignity, care, and lasting tributes that celebrate their life.



The Quietest Paw Prints

To the outside world, it was just a pet. But to you, they were a silent confidant, a source of unwavering comfort, and a constant, loving presence.



The absence echoes in the quiet moments—the empty bed, the unused leash, the missing greeting at the door. The loss creates a unique and often underestimated void.



Understanding Your Grief

Imagine your heart as a space where love and memories reside. Grief is a natural response to losing a cherished companion—it is the price of great love.

- **It is not an overreaction:** It is a testament to a profound bond.
- **It is a process:** A way to honour their memory and navigate the complexities of saying goodbye.
- **It is personal:** There is no right or wrong way to navigate this journey.



Why We Must Grieve

Acknowledging your emotions helps you untangle complex feelings and ensures their memory lives on in your heart.

Processing Emotions

Giving yourself a safe way to navigate the pain.

Preserving Memories

Reflecting on their quirks, joys, and the love you shared.

Finding Clarity

Helping you move through the process at your own pace.

Honouring Legacy

Celebrating the impact they had on your life.

Navigating the Waves

Structure your day with small, manageable tasks to help you feel grounded when everything feels uncertain.



Create a Routine:

Incorporate walks, journaling, or time in nature to provide stability.

Prioritize Self-Care:

Grief is exhausting. Focus on eating well, resting, and nurturing your body.

Allow Feelings:

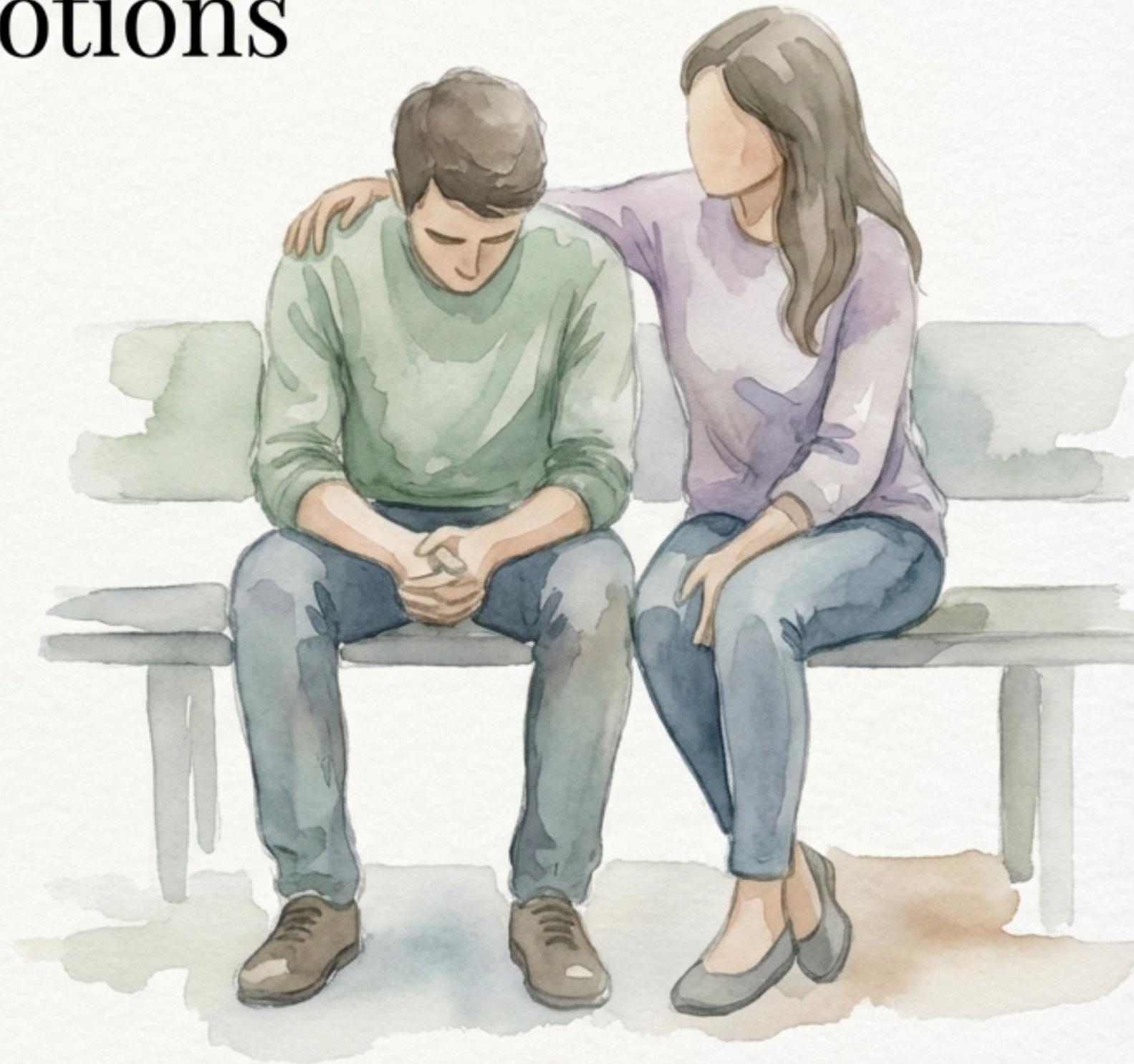
Give yourself permission to feel without judgment. Suppressing emotions can make healing harder.

Dealing with Tough Emotions

It is natural to feel overwhelmed. Sometimes emotions are complex—sadness, anger, or even confusion—and words are hard to find.

If you are unsure where to start, try reflecting on your favourite memories or writing freely. Let thoughts flow, even if they feel messy.

Remember: Sharing your feelings with a trusted friend or family member can help you feel less alone.



Transition to Action: Creating a Tribute



Honouring memories is a gift. Moving from passive grief to active remembrance can help process the loss and celebrate a unique legacy. Use meaningful items to express your bond and include symbols or colours that remind you of your pet's unique personality.

Memorials & Keepsakes

Keepsakes can help you honour emotions that are hard to put into words.



Custom Urns & Boxes

A cherished place to visit when you want to feel close to them.



Jewellery

Carry a small keepsake, like a locket, to feel connected wherever you go.



Paw Prints

A physical reminder of the mark they left on your life.

Start conversations through these objects to inspire deeper reflection.



Rituals of Goodbye

Holding a small ceremony, whether alone or with family, can acknowledge the significance of their life.

Light a candle in their honour.

Play a song that reminds you of them.

Share favourite stories with family.

Reflect on the love you shared.



Living Tributes

Turn grief into compassion by connecting their memory to life and nature.

- **Plant a Memorial Garden:** Watching something grow symbolizes the lasting impact of their love.
- **Donate in Their Name:** Support an animal charity or shelter to help other animals.
- **Volunteer:** Transform pain into a powerful force for good.

The Power of Storytelling

Sharing their story keeps their spirit alive.

Write a Letter or Poem:

A creative outlet to process emotions and say the things left unsaid.

Social Media Tributes:

Share photos and memories to celebrate their life with your community.

Journaling:

Document their quirks, favourite activities, and the joy they brought you.





Finding Support Together

Healing is a journey you do not have to face by yourself.

- **Support Groups:** Connect with others who understand your grief through local or online groups.
- **Professional Counselling:** Speak with a therapist who specializes in grief for a safe space to process.
- **Online Forums:** Explore articles and hotlines dedicated to pet loss guidance.

Special Dates & Anniversaries

Significant days like birthdays, adoption anniversaries, or holidays can feel especially challenging.

Advice for these days:

- Plan a small gathering or tribute.
- Reach out to your support system when the absence feels overwhelming.
- Remember that experiencing waves of emotion on these dates is natural.





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604-463-8121

Love is Eternal

The paw prints they left on your heart are forever.
Healing doesn't mean forgetting; it means finding a new
way to hold them in your heart while moving forward.

The bond you shared will always remain.

