

Pet Loss is Real Loss

For those who have lost a pet and would like to honor them

Our animals can be like family members and the death or loss of a pet can be very painful, often with little space to grieve. If you have lost a beloved pet, either recently or long ago, and would like to take time to honor them, this group is for you. Maybe something is still unfinished or maybe you want focused time to acknowledge the role of your pet in your life. Whatever the reason, join us, as we come together to creatively honor the passing of our animal friends. Also helpful to honor a childhood pet that was lost or given away without a chance to say goodbye or grieve their missing.



In a safe and supportive setting you will have the opportunity to:

- *Share your story of love and loss with other pet lovers*
- *Express your grief, loss, love and gratitude through artmaking*
- *Honor the gifts your beloved pet brought to you*
- *Leave with a very special piece of art that you create and that will be a keepsake forever*

We will use simple art making processes to explore our grief and also look to the art for resources that can help us move forward in our life.

No previous art experience is necessary!



Facilitated by:

Tish McAllise Sjoberg, M.A.
Expressive Arts Therapist

The death of my mother, father, and beloved dog, within a short 6-month period brought me both to Expressive Arts Therapy and hospice work. I have a private practice in the North Park area of San Diego and am an avid painter, pet portraits are my favorite subject to paint.

Sunday, October 22nd

1:00 - 6:00 p.m.

\$75 before 10/16/17

\$85 after 10/16/17

includes art materials

Expressive Arts @ 32nd & Thorn

3201 Thorn Street • San Diego 92104

Call Tish for more information
and reservation details:

(619) 251-8474

* OR create your own day and date: If you have 6 pet people who would like to do a group together, (great for families) you can create a custom time and date. Call for more info.

Tish McAllise Sjoberg, M.A. • Expressive Arts Therapy, Coaching & Consulting
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Art Helps - Art Heals • Visual Art • Movement & Dance • Drama • Writing & Poetry • Music

©2007 Tish McAllise Sjoberg • Painting is Best Friends Forever, acrylic on paper, 22" x 28" • www.TishArt.com