

Pet Cemeteries & Crematories

Hawaiian Humane Society – 356-2285

Provides euthanization and cremation.
Remains will be returned in a tin container,
wrapped in a decorative bag with a poem.

Oahu Pet Crematory – 371-7531

Valley of the Temples Pet Cemetery – 239-8811

Home Burials

Some neighborhoods allow for home burial of your pet. Check with the City and County Zoning Department and your homeowner's association.

Helpful Reading Materials

For Children

- *Sad Isn't Bad – A Good Guide for Kids Dealing With Loss*, by Machaelene Mundy
- *Helping Children Cope with Separation and Loss*, by Claudia Jewett Jarratt
- *Tigger and Friends*, by Dennis Hamley
- *I Wish I Could Hold your Hand – A Child's Guide to Grief & Loss*, by Pat Palmer & Dianne O'Quinn Burke

For Adults

- *Beyond Grief: A Guide for Recovering from the Death of a Loved One*, by Carol Staudacher
- *Coping with Sorrow on the Loss of Your Pet*, by Moira Anderson Allen
- *Living Through Personal Crises*, by Ann Kaiser Stearns
- *You Don't Have to Suffer: A Handbook for Moving Beyond Life's Crises*, by Judy Tatlebaum
- *Cold Noses and the Pearly Gates: A Book of Hope For Those Who Have Lost a Dog*, by Gary Kurz



About Us

The Hawaiian Humane Society is an education and advocacy organization that shelters, protects, rescues, reunites and rehomes animals. It is Oahu's only open-admission shelter that welcomes all animals. Established in 1883, this non-profit organization is not a chapter of any group as there is no national humane society.

Make a gift at HawaiianHumane.org or call 356-2213 to donate.

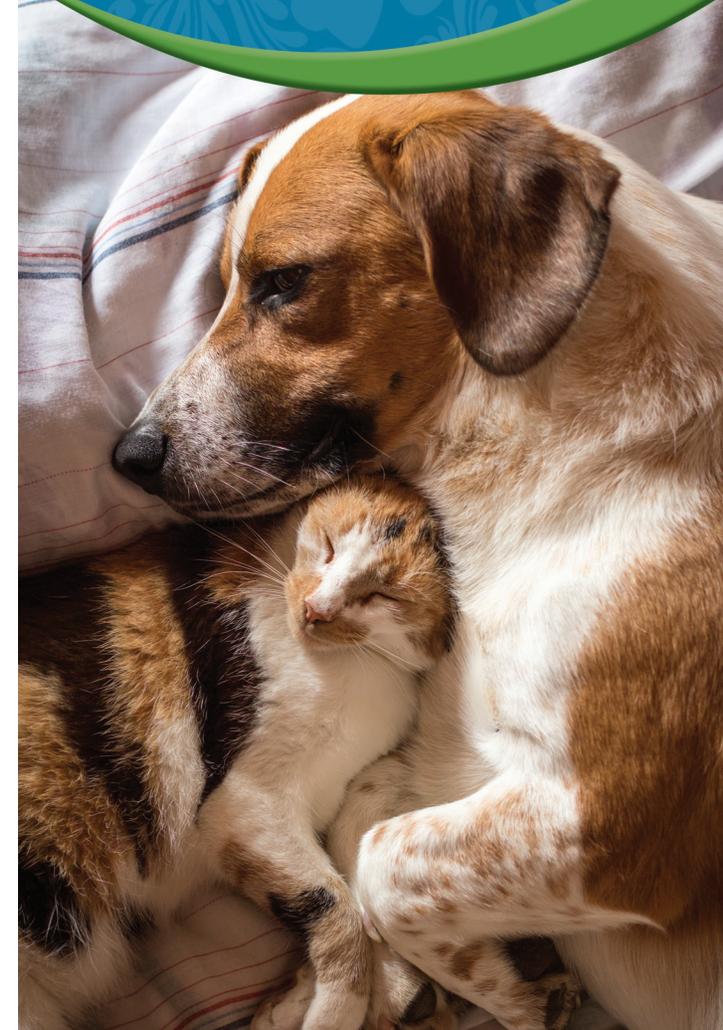


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HawaiianHumane.org



Saying Goodbye





Saying goodbye to a beloved pet is never easy. When a person dies, there is often a network of family, friends and professionals to help loved ones with the painful process of grieving. When a pet dies, those left behind are often alone with their grief.

Making the Decision

While euthanasia is never an easy decision, it takes a great deal of strength and love to accept that a pet can no longer live with dignity and without pain. The Hawaiian Humane Society offers euthanasia and cremation with the option to have ashes returned.

Pet Loss Support Group

The Hawaiian Humane Society hosts a monthly support group. Call 356-2222 to attend.

Pet Loss Support Hotlines

- Iowa State University (888) 478-7574
- University of California (800) 565-1526

Five Stages of Grief

A better understanding of the stages of grief can help.

Denial This is a natural first reaction to the news that your pet has died or may die soon. You simply don't want to believe it.

Bargaining This is perhaps the shortest of all stages of grief. You may promise to spend more time with your ailing pet, to shower your pet with gifts, if only he will stay with you a little longer.

Anger It evolves from the frustration that you are experiencing. Anger can turn inward and emerge as guilt.

Depression Tumultuous emotions can become sorrowful expression. Most people feel a lack of motivation and would like to withdraw from a busy, happy world. By taking a step back, you allow yourself time to heal and put your pet's death in perspective.

Acceptance This is the final stage of grief, which allows you to take a fresh look at yourself and the world around you. In time, the pain will lessen and memories will evoke joy instead of tears. When you are able to focus on the happy moments of your pet's life and not on death, you are well on your way.

You can celebrate your pet's life in so many ways.

- 🐾 Record happy memories in a journal or a letter.
- 🐾 Make a photo album or collage.
- 🐾 Plan a memorial service.
- 🐾 Volunteer to help animals.
- 🐾 Make a memorial contribution to the Hawaiian Humane Society.

Choose Adoption When the Time Is Right

You may be tempted to get a new pet to help you cope with grief. Take the time to ensure that the whole family is ready for this and the commitment that comes with a new companion. Becoming a foster care provider for the Humane Society is a great way to welcome a pet into the family on a short-term basis.



What to Tell Children

When a family pet dies, it may be your child's first experience with death. The way you choose to explain this event can lay the foundation for your child's view of death.

- 🐾 If your children do not see you sad or upset, they may fear that their own sorrow is unnatural.
- 🐾 Your child's imagination of how your pet died may be far worse than reality. If you would like euthanasia or the cause of death explained by a professional, ask your veterinarian.
- 🐾 Children take many statements at face value. If they are told, "Buster went to sleep forever," they may fear sleep.
- 🐾 Children often feel guilty for things they did not do. Explain that your pet's death was not anyone's fault and that your pet is no longer in pain.
- 🐾 Encourage your child to talk about fun times and happy memories of your pet.