

Paris Promise Foundation

Support after Loss Guide

Hope • Comfort • Care



Disclaimer:

This guide is provided for informational and emotional support purposes only and does not constitute medical, veterinary, or professional advice. Paris' Promise Foundation is not responsible for any decisions made based on the content. Always consult a licensed veterinarian regarding your dog's care, treatment, and medical needs.

If you're here...

Something has changed.

The space feels different.

The routine feels different.

Everything feels... quieter.

Losing a dog is not just losing a pet.

It's losing:

- a presence
- a rhythm
- a constant kind of love

There is no “right” way to grieve

You may feel:

- deep sadness
- emptiness
- guilt
- relief
- confusion

Or all of it at once

Every feeling is valid.

Grief is not linear.

It doesn't follow a timeline.

It doesn't look the same for everyone.

The little things may feel the hardest

You may notice:

- Reaching for them out of habit
- Hearing sounds that aren't there
- Missing the quiet companionship
- Feeling the absence in everyday moments

These moments matter.

They are a reflection of love.

Moving through grief gently

There is no “fixing” grief.

Some people find comfort in:

- keeping a small routine
- going for a walk (even slowly)
- talking about your dog
- writing down memories
- sitting in quiet without rushing yourself

You don't have to move on. You just move through.

Holding onto their memory

Your dog's life mattered.

You may choose to honor them in ways that feel right to you.

- creating a small memory space
- keeping a favorite item
- printing photos
- lighting a candle

There is no right way, only your way.

If you're feeling guilt

This is very common.

You may wonder:

- Did I do enough?
- Did I make the right decisions?

Please remember:

You made decisions from love.

And that matters more than anything.

Caring for yourself in grief

Grief is heavy.

Many people find it helpful to:

- Rest when needed
- Eat when able.
- Step outside for fresh air.
- Reach out if it feels right.

You are allowed to take this one moment at a time.

You are not alone in this

Even if it feels quiet right now...

There are people who understand this kind of loss.

People who care

People who may want to offer support

From Paris' Promise

This foundation exists because of love like yours.

The kind that doesn't disappear when they're gone.

.The kind that stays with you, in you, always.

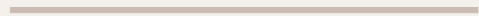


A gentle reminder

You don't have to rush this.

You don't have to be okay right away.

If you need additional support, resources, or connection, you are always welcome to reach out.



You are not alone in this.



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