



GRIEVING THE DEATH OF MY PET
A scrapbook of activities and memories
for coping with loss
 Annique Lavergne
 Illustrator: Yves Dumont

A creative way, devised by a psychologist, to express your sorrow and cope with this sad event, so upsetting for a family.

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This scrapbook is a place where you can preserve precious memories of your faithful friend (photos, anecdotes, details on its habits, etc.), but also express, through activities like drawing or writing, the emotions stirred up by its death. Whether the pet was given away, was lost, or died, children feel grief that has to be talked about. Concepts related to death are simply and reassuringly explained in the book, providing children with tools for dealing with upsetting events.

This scrapbook is also an excellent handbook for parents who want to broach and foster a discussion with their child.

A one-of-a-kind scrapbook of activities, dealing with a subject seldom approached in this way.

Strong points

- Texts written by a psychologist specialized in children coping with grief.
- The illustrations are both funny and reassuring.

Annique Lavergne has been a psychologist since 2001. In addition to offering services to adolescents and adults, she has a particular specialization in owners' grief after the death of a pet. Annique Lavergne has presented many lectures in Canada and the United States. She has also participated in a number of television programs.

