

A PROJECT OF

# Rainbow Meadow

*Threshold · A grief companion for pet loss*



[rainbow-meadow.org/grief-support](https://rainbow-meadow.org/grief-support)

Free. Private. No app required.

## Right now, you only need to do one thing: breathe.

There is no timeline for grief. There is no right way to feel. Whatever is happening inside you — numbness, guilt, relief, devastation — it belongs to you, and none of it is wrong.

### WHEN YOU'RE READY

- Ask your vet about aftercare options. There is no rush.
- Tell someone. A friend, a family member, anyone who will listen.
- Eat something. Drink water. Sleep if you can.
- Write down one thing you want to remember about them.

### THINGS THAT CAN WAIT

Decisions about memorials, belongings, or what comes next — all of it can wait. You don't have to figure anything out today.

## You are not alone in this.

*What you're carrying is real. So is the support.*

### REMEMBER THEM

When you're ready, Rainbow Meadow offers a free, private space to hold your memories — photos, stories, the small details only you know. Nothing is shared unless you choose to share it.

### FIND SUPPORT

- Guided grief support for the first days and beyond
- Quality-of-life tracking if your pet is still with you
- Memorial and remembrance tools
- Aftercare options explained — cremation, burial, alternatives

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Scan the QR code or visit [rainbow-meadow.org](https://rainbow-meadow.org)

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