

Lexmark Anniversary Deals
DAILY DEALS & 20% OFF Select Products

START SAVING >>>

LEXMARK

NYDailyNews.com

DAILY NEWS | Article Collections

NYDN Home → Collections → **Grief Counseling**

ADS BY GOOGLE

Funeral Program Printing

Customize online-Use your photos Fast & Easy. Free Rush Printing

www.printernextdoor.com

Mourning Jewelry & Rings

From Ashes or Hair to a Genuine Certified, Created Diamond.

www.DNA2Diamonds.com

Free pet tributes

Has your pet died? Honor them now. Upload photos/video-Share w friends

Petrib.com

How to Do Meditation?

Did You Know That Meditating Just 15 Min a Day Could Change Your Life

www.SilvaLifeSystem.com

2011 Cute Baby Contest

You Think Your Child is the Cutest? Submit Your Photo & Win Cash!

TheCuteKid.com

RELATED ARTICLES

[8-week Grief Groups For Kids, Adults On L.I.](#)
September 1, 2004

[Bravest Mull Gravest Risk](#)
January 8, 1996

[More than puppy love: Animals form strong love bond with...](#)
February 6, 2010

RELATED KEYWORDS: [Grief Counseling](#)

How to survive when you lose a pet: Maria Milito, Q104.3 deejay, got grief counseling from listeners

BY AMY SACKS
 DAILY NEWS STAFF WRITER
 Saturday, March 06, 2010

The antics of Clarice the "wonder pug" had been a hot topic on Maria Milito's classic rock radio shows since the feisty pup was 4 weeks old.

But four years ago, when the Q104.3 deejay announced on-air that her loyal companion of 16 years had died in her sleep, the outpouring of listener support still caught the Queen of Rock by surprise.

"The stories blew me away and made it so much easier to deal with my grief," said the native New Yorker, who still remembers reading hundreds of e-mails from fans, many of whom shared their own experience of losing a pet.

"Big beefy guys would tell me how they cried like a baby when their dog died and some people wanted to talk about their cat that died 30 years ago," she said.

ADS BY GOOGLE

Get An ideeli™ Invite Now

Designer Goods Up to 80% Off, \$25 Referral Bonus & More. Sign Up!


www.ideeli.com

Recommend


0

•
•
•

0



1 "TRICK" to White Teeth
 Consumer Report
 Single mom discovers a "trick" to turn yellow teeth white without breaking the bank!



Acai Berry "EXPOSED"
 Special Report
 Acai Berry Warning! Health reporter discovers shocking truth about the miracle diet pill.

ADS BY SKY HIGH NETWORK



Q104.3 deejay Maria Milito with Carmine, a mutt she adopted two years after... (Anna Raso)

That common bond, she said, helped reassure her that she wasn't alone and that it was okay to burst out crying while getting a manicure or walking solo on the street.

Dr. Susan Cohen, director of counseling services at the Animal Medical Center in Manhattan, said the death of a pet can affect some of us even more than the death of a relative or friend.

"You are losing someone who thinks you're wonderful exactly the way you are and has seen you through all life experiences," said Cohen, who runs a free weekly pet-loss support group at the upper East side hospital.

Grief can take on many forms, she said and the intensity can vary depending on whether an animal dies suddenly or after a long illness.

Megan Demarest and her husband, Matt, who have been married for 18 years and have no kids, said losing their 14-year-old cat Talmot last summer after a two-year illness felt like losing a child.

"The grief we felt while we watched him getting sicker and sicker and the grief we now feel over his death is more profound than I could ever have imagined," said the NYU administrator.

Dr. Stephanie LaFarge, senior director of counseling services at the ASPCA, said most responsible owners feel both a sense of guilt and relief at the end of their pet's life and those feelings are entirely appropriate.

Milito says she can relate and admits to relishing her freedom after Clarice died. But it didn't last long.

"You get to a point where you want to have a reason to go home," she said. "That's when I knew it was time to get a new dog."

Today, she shares her apartment with Carmine, a strong 86-pound mutt she adopted in 2008 from the NYC Animal Care & Control shelter and

Nissan FRONTIER®



MOUSE OVER TO VIEW IMAGES

Build
Your FRONTIER 

Get Brochure ▶

Find a Dealer ▶



keeps Clarice's ashes in an urn on her dresser.

From time to time, listeners still have to assure her that it's okay to love Carmine as much as she loved Clarice.

In return for their kindness, Milito reaches out to anyone who feels like they will be sad forever after losing a beloved animal.

"You'll always have that hole in your heart," she says. "It just gets smaller."

The Internet offers myriad pet loss resources. Check out Peternity.com, a one-stop shop for caskets, urns, keepsakes, online memorials, poems and grief support. It also carries Kidoodlyrocks, memorial markers engraved with a child's drawing of your pet and offers aerial ash scattering.

amy.sacks1@gmail.com

ADS BY GOOGLE

[Make a Will at LegalZoom®](#)

Protect Your Loved Ones! Affordable & Reliable Wills in 3 Simple Steps.

www.LegalZoom.com

RELATED VIDEO



From NYDailyNews.com

[Brooklyn toddler Marchella Pierce's death is ruled murder; 4-year-old was 18 pounds when found](#)

[Plastic surgery overload? Rose McGowan's puffy face makes her unrecognizable](#)

[Barry Bonds trial: Expert details shrinking testicles, growing extremities as PED side-effects](#)

[Trump may not become President, but Romney, Huckabee, Gingrich and other GOPers can learn from him](#)

From Around the Web

[Woman, 29, Bleeds to Death After C-Section \(FoxNews.com\)](#)

[High-tech Help for Weight Loss \(Style + Tech For Men\)](#)


[Daycare Owner Busted for Drugs and Adult Toys -- In Kids Play Area \(AOL Jobs\)](#)

[The 10 Worst Jobs in America 2011 \(CNBC\)](#)

[The 10 Hottest Women on the Planet, According to AskMen.com \(iVillage.com\)](#)

[\[what's this\]](#)

Cool new stuff kids love at up to **60% off**



Shop Now 