

Angel Whispers

SPRING, 2017

Hello to our Angel Whispers families,

Angel Whispers Newsletter is a resource for parents who have lost a baby during pregnancy or shortly after birth.

Meetings are held in Sherwood Park and Fort Saskatchewan.

For meeting information, or to receive our newsletter or a special care package, please call 780.998.5595, ext. 225.

You can also reach us by email at angelwhispers@familiesfirstsociety.ca or visit our website at www.angelwhispers.ca/angelwhispers.



Families First Society
FORT SASKATCHEWAN
www.familiesfirstsociety.ca

#thisisourvillage

When I begin the process of preparing for a newsletter edition, I ask for feedback from families on what topics they would like to see covered. Over the last several years, our Angel Whispers newsletters have covered many subjects: Couples Grief, Honoring your Baby, Sibling Grief, Grandparents Grief, Hope, Time and Grief, Healing, Miscarriage and Friendships after Loss to name a few. I have been reflecting on how much our program has grown since Angel Whispers was founded in 2002 which led me to think... we've never done a newsletter on Angel Whispers itself. This edition focuses on our program, what we offer and how Angel Whispers helps families grieving the loss of their precious babies.

The Angel Whispers Baby Loss Support Program was founded in 2002 by myself and 2 other moms after the loss of our babies. Our beliefs about what we needed at the time of our losses and in the months after were the same. We developed a close friendship and connection to each other after our losses and together we created Angel Whispers.

We began by providing support to grieving families, offering monthly baby loss support group meetings and sending out care packages. We ran the program out of our homes, facilitated meetings out of space donated by the health unit and covered the costs of photocopying, postage and resources out of our own pockets. Soon after the program was founded we also began offering a subsequent pregnancy support group meeting to support families anxiously expecting after a loss.

Within a few years our program was moved under the umbrella of the Fort Saskatchewan Families First Society, where we remain today. Through the years, one thing remains consistent: our foundational philosophy of companioning families, walking alongside them as they grieve and providing

unconditional support to bereaved parents.

Our mission is to inspire hope and healing and offer compassion and understanding to families devastated by the loss of a baby. Grief is the price we pay for love. There is no greater love than between a parent and a child - because we love for a lifetime, we grieve for a lifetime. We want to help families grieve well and mourn well so they can live well and love well (thank you to Dr. Alan Wolfelt for introducing us to this concept).

sharing our journey...

Kira: "Angel Whispers has been such an amazing experience for me! The love and support and hope and faith that Lori Ann and the group were and still are able to provide for me is something I will forever be grateful for, I depend on this group so much and I am so happy that it has been made available to me!"

Our program has grown to now offer the following supports and services:

- Monthly Baby Loss Support Group Meeting
- Monthly Miscarriage Support Group Meeting
- One on One Support
- Monthly Subsequent Pregnancy Support Group Meeting
- Quarterly Healing Hands Workshop
- Understanding your Grief Workshop
- Rainbow Connection Group
- Quarterly Newsletter
- Care Packages
- Resource Library
- Birth Certificate Keepsakes
- Zoe's Memory Boxes

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Angel Whispers receives no long term sustainable government funding. We rely on grants, donations and fundraisers to sustain our services to grieving families. We are so grateful for grants we receive, and to families that donate and host fundraisers benefiting Angel Whispers. Your support makes a difference as it allows Angel Whispers the opportunity to continue to provide support to families devastated by the loss of a baby.

Families are referred to us through hospitals, funeral homes, health units, social media and from family and friends that have either themselves received support through the program or have heard of the program. Bereaved parents come across our website online where many of our international care package requests come from. Sadly there aren't enough supports available worldwide, we strive to make a difference for grieving families around the world by sending them a care package with information on how to cope after the loss of a baby and connecting them with resources close to them.

A bit about me...my name is Lori-Ann Huot, I am a co-founder with the Angel Whispers Baby Loss Support Program and have been the Program Coordinator for the past 7 years. I have the privilege of running the program, providing individual support to families, facilitating our group meetings, coordinating our amazing volunteers, planning many of our fundraisers, networking with professionals within the community and working alongside the most amazing team of caring and compassionate co-workers within the Fort Saskatchewan Families First Society. I am a graduate of the Death and Grief Studies Certification Program with Dr. Alan Wolfelt's Center for Loss and Life Transition in Fort Collins, Colorado.

On a personal note, I am the proud mom to 2 angels we hold in our hearts, Loren and Brooklynn and to 4 daughters we hold in our arms, Sabrina (20), Alexis (17), Jaedyn (15) and Sydney (13). My husband Rene co-facilitates our monthly baby loss support group meetings. It's a wonderful way for him to connect to and share with other

dads and provide the male perspective on grief.

Through my own grief journey and search for meaning, I discovered my passion in life of providing support to others as they grieve the losses of their babies. I know that I had to experience my own losses to realize what I was meant to do in life. I view Angel Whispers as a gift that my 2 angels gave me...and if I can make the difference for other families grieving their losses then I didn't lose my angels in vain... their brief time with us had meaning and their legacies live on through the work I do with Angel Whispers.

This year marks 15 years of the Angel Whispers Baby Loss Support Program providing support to families. We are honored that hundreds of families have allowed Angel Whispers to walk their grief journey with them. Thank you for opening up your hearts, for sharing with us and for allowing us the privilege of inspiring you with hope and healing on your journey.

Wishing you a gentle spring filled with peace, love and a renewed sense of hope for the future.

With Love and Understanding,

Lori-Ann

Lori-Ann Huot
Program Coordinator
Angel Whispers Baby Loss Support
Program
(780)998-5595 ext. 225
angelwhispers@familiesfirstsociety.ca



sharing our journey...

Vanessa: "How can one put into words on how Angel Whispers has changed my life. I truly thought I was alone and nobody wanted to hear how my miscarriages affected me and my husband. I didn't know where to turn or who would just sit and listen to how this devastating loss was not only my journey but how this happens to more people than they talk about. I have met people who have given me hope, ideas to help with my losses and how to cope with the never ending process of grieving and more importantly how to communicate with my husband about our losses. Lori-Ann is truly an angel in disguise that has been sent to be a part of our lives. I believe that you have people that come into your life for a reason and she was meant to be a part of our lives at that moment to help with the pain. I am honored to be a part of the Angel Whispers Family and be able to acknowledge my 14 angels that surround me. 'Feel the Fear and do it anyways.'

Angel Whispers is a non-denominational program. However we honor and respect the individual beliefs of our families.

For meeting information, or to receive our newsletter or a special care package, please call 780.998.5595, ext. 225.

Angel Whispers offers the following programs and supports...

Baby Loss Support Group:

We offer monthly Baby Loss Support Group Meetings that connect families to others that have experienced the loss of a baby so they don't feel so isolated and alone as they grieve, they can be supported by others that understand. This group is open to families that have experienced the loss of a baby to late miscarriage, medical termination, stillbirth, neonatal death up to 1 year of age and SIDS. It's important to us that our Angel Whispers dads feel as well supported as the moms and therefore meetings are co-facilitated by a bereaved father so the dads that attend have someone to relate to. Our group meetings provide a safe place for families to share as much or as little as they are comfortable sharing, we honour each individual family's story and recognize each baby. We provide a supportive environment to share where tears are always welcome.

Miscarriage Support Group:

We offer monthly Miscarriage Support Group Meetings that gives families that have experienced the loss of a baby to miscarriage, ectopic pregnancy, molar pregnancy or blighted ovum an opportunity to connect with others that have experienced similar losses. Miscarriage loss is misunderstood and families are often provided with very little support and are left to grieve in silence. This group gives families an opportunity to be with others that understand and are provided with unconditional support. Our group meetings provide a safe place for families to share as much or as little as they are comfortable sharing, we honour each individual family's story and recognize each baby. We provide a supportive environment to share where tears are always welcome.

Understanding your Grief Workshop:

Angel Whispers offers an Understanding your Grief Workshop, a series of 6 weekly classes helping you to understand your grief. Topics include:

- Normal emotions of grief
- Myths about grief
- Grief vs. Mourning
- Taking care of yourself
- Reaching out for help
- Healing your broken heart

This curriculum based group is offered a few times/year. Registration is required.

One on One Support:

One on One Support is available for families in the capital region, giving bereaved families individualized grief support. Families are provided with a care package and given an opportunity to share their story and receive one on one or couple support. At this time we discuss what supports and services we provide and best determine how Angel Whispers can meet their needs as they grieve. For families that require more intensive support we can provide referrals to other professionals and agencies within the city and surrounding areas. We want to ensure that each family's individual needs are met. For families that live in an area where no other supports are available we can provide email and telephone support.

Subsequent Pregnancy Support Group:

Our subsequent pregnancy meeting is offered for families who are joyfully (yet anxiously) pregnant after previously experiencing the loss of a baby. Becoming pregnant again can be a very stressful time when parents fear they will lose another baby. We offer support from parents who have had a successful pregnancy after experiencing the loss of a baby.

Rainbow Connection:

The Rainbow Connection provides families who have had a Rainbow baby an opportunity to stay connected with other families they have met along their journey and share their experiences in parenting a Rainbow baby while honoring and remembering their Angel babies. Grief is a lifelong journey, grief doesn't end when a new baby is born. In fact bringing that new baby home can often cause mixed emotions and bring up many intense feelings as families realize the experiences they missed out on with the baby they lost. Families are encouraged to continue their grief journey amongst other

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families that understand the struggle between balancing grief with the excitement and joy of raising a rainbow baby. This group is a less formal setting where children are welcome to join their parents and the group meets less often than our regular support group meetings.

Healing Hands:

Healing Hands is an afternoon devoted to creative healing. This creative outlet allows for the mourning that is so critically important to be able to heal. It allows us to take the grief we feel inside and convert it into mourning when we express our grief through the arts. We make a special heartfelt keepsake at each workshop in memory of our babies. This workshop is an opportunity to bring bereaved families together in a safe environment where they are encouraged to share with others. These workshops are held quarterly with registration.

Quarterly Newsletter:

Our quarterly newsletter is available every spring, summer, winter and fall. Each newsletter edition is focused around a particular topic related to baby loss. Included in the newsletters are family's stories of baby loss, information on how to cope, healing opportunities, upcoming fundraisers and meeting information. Maybe there is a writer inside of you! We are always looking for new story ideas and poetry. If you would like to be put on our email list, or have a story idea, please contact us. You can view past newsletters on our website – www.angelwhispers.ca/angelwhispers.

Care Packages:

A special care package can be mailed out to families who have experienced a loss. We include previous newsletters, suggestions for coping with baby loss, information on the Angel Whispers program, as well as a special keepsake. If you would like to receive a care package or know someone who would, please contact us with your mailing address.

There is no cost for the care packages, however we do appreciate donations as we are a non-funded program and rely on individual donations and fundraisers to sustain our services to grieving families. If you would like to make a donation you can do so through CanadaHelps – www.canadahelps.org/en/charities/fort-saskatchewan-families-first-society/. Please ensure you click on Angel Whispers in the drop down menu to ensure your donation reaches our program and include your name. A tax receipt will be issued to you through Canada Helps.

Resource Library:

Our library includes various resources on baby loss and subsequent pregnancy. Included are videos, books, and pamphlets on baby loss, as well as resources specifically for children/siblings and grandparents. The library can be accessed during meeting times or in the Angel Whispers office. We are always grateful for the donation of resources. If you would like to donate a book in memory of your baby, we will put a special nameplate on the book to memorialize your angel. For more information, please send us an email.

Birth Certificate Keepsakes:

Beautiful birth certificates are available to remember your baby. If you would like to receive a birth certificate keepsake, email the information for the certificate to angelwhispers@familiesfirstsociety.ca.

Please include the following information:

- baby's name
- parents' names
- date of birth (e.g., August 10, 2009)
- place of birth (home/hospital and city)
- mailing address

As Angel Whispers does not receive government funding to operate our program, we rely on donations, fundraising and grants to sustain our services. We do request a \$10 donation to cover the cost of postage for Birth Certificate Keepsakes as we do have such limited funds in our budget for postage.

To make a donation you can do so through CanadaHelps – www.canadahelps.org/en/charities/fort-saskatchewan-families-first-society/. Please click on Angel Whispers in the drop down menu to ensure your donation reaches our program and include your name in the memo. A tax receipt will be issued to you through CanadaHelps.

Zoe's Memory Boxes:

Angel Whispers is honored to offer Zoe's Memory Boxes. Zoe Reta Mary Steiner was born with angel wings on August

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4, 2006. Her parent's Rob and Shelley honored Zoe by creating keepsake boxes in her memory. Zoe's legacy continues on through this program.

If you would like to receive one of these beautiful keepsake boxes, please contact us at 780-998-5595, ext. 225 or via email at angelwhispers@familiesfirstsociety.ca.

As we do not have government funding to operate our program, we rely on donations, fundraising and grants to sustain our services. We do not have enough funds in our operating budget to continue to mail the memory boxes to families at no cost. We are therefore asking for a donation of \$20 to cover the cost of postage to send your memory box to you. You can send the donation through Canada Helps www.canadahelps.org/en/charities/fort-saskatchewan-families-first-society/. A tax receipt will be provided. Please ensure you click on Angel Whispers in the drop down menu to ensure your donation reaches our program and include Angel Whispers memory box in the memo along with your name. Thank you for your donation and for your understanding.

Upcoming Meetings:

Baby Loss Support Group - Open to any family that has been devastated by the loss of a baby to miscarriage, stillbirth or neonatal death. Meetings are held from **6-8 p.m.** at Strathcona County FCSS Offices - 401 Festival Lane. Registration is required.

- Sunday April 2
- Sunday May 7
- Sunday June 4

Miscarriage Support Group - These meetings are open to any family that have experienced the loss of a baby to miscarriage, ectopic pregnancy, molar pregnancy or blighted ovum. Meetings are held from **6:30-8:30 p.m.** at Families First Society - 9901-90 Street Fort Saskatchewan. Registration is required.

- Monday April 10
- Monday May 15
- Monday June 12

• **Subsequent Pregnancy Support Group** - These meetings are open to any family that is considering the possibility of trying again or for families that are anxiously expecting after experiencing a previous loss. Meetings are from **6-8 p.m.**

- Sunday April 9
- May and June dates to be determined

Contact Lori-Ann at (780)998-5595 ext. 225

Healing Hands - Healing Hands is an afternoon devoted to creative healing. These workshops have been held monthly for the past few years with the exception of the summer months. Moving forward, we have decided to offer Healing Hands quarterly and focus on offering a special heartfelt project 4 times per year. Registration is required for Healing Hands. To register, contact Lori-Ann @ (780)998-5595 ext 225.

- From 1-3p.m. Saturday June 17

Location and project details will be announced closer to each scheduled date. Stay tuned to Facebook or the Angel Whispers website www.angelwhispers.ca/angelwhispers

Workshops will either be held at the Family Community Support Services offices in Sherwood Park or at the Families First Society offices in Fort Saskatchewan.

Understanding your Grief Workshop

Thursdays 6:30-8:30pm

- May 11, 2017
- May 18, 2017
- May 25, 2017
- June 1, 2017
- June 8, 2017
- June 15, 2017

This is a pre-registered 6 week program. Please see the poster on page 6 of this newsletter for more details.

sharing our journey...

Simon: "Dealing with the loss of our baby Pickle was never easy. We struggled to talk to each other about it or just never did. We met Lori-Ann by chance after attending a Dr. Wolfelt seminar to try and help things. Walking around after the seminar we ran into her at the Angel Whispers booth. Not knowing there was even a group out there for miscarriage support, Lori-Ann offered to meet us privately first and then shortly after we started attending meetings she facilitated. Attending these meetings every month has been amazing and brought me and my wife closer to together. Lori-Ann is truly an angel and we would be lost without her. The pain is still there from the loss but having Lori-Ann and the group meetings has truly changed our lives. We are so grateful to have Angel Whispers with us on our journey."

*For all meetings and workshops please contact Lori-Ann to register
(780) 998-5595 ext. 225.*

The Role Of Support Groups

by Alan D. Wolfelt, Ph.D.

Alan Wolfelt, PhD, writer, counselor, funeral director and Grief Specialist, provides ten touchstones for your grief that will help you listen to your heart and bring it into harmony with your head. He writes: Listening to your heart is also essential on the journey to healing. My years of learning from my own losses, as well as the losses of those who have trusted me to walk with them, have taught me that an open heart that is grieving is a "well of reception;" it is moved entirely by what it has perceived. Authentic mourning is an opportunity to embrace that open heart in ways that allow for and encourage our healing.

*"The clearest way into the Universe is through a forest wilderness."
—John Muir*

*We need not walk alone...
We reach out to each other with
love and
understanding and with hope...
We come together from all walks
of life,
from many different circumstanc-
es...
We need not walk alone*

*Credo,
The Compassionate Friends*

There is a growing realization among those who care for the bereaved that support groups are an appropriate and effective way to help bereaved people heal. Because they offer a safe place for people to do the work of mourning, support groups encourage members to reconcile their losses and go on to find continued meaning in life and living.

Attending a support group facilitated by skilled leaders often brings comfort and understanding beyond many peoples' expectations. Support groups help bereaved people by:

- countering the sense of isolation that many experience in our shame-based, mourning-avoiding culture.
- providing emotional, physical, and spiritual support in a safe, nonjudgmental environment.
- allowing them to explore their many thoughts and feelings about grief in a way that helps them be compassionate with themselves.
- encouraging members to not only receive support and understanding for themselves but also to provide the same to others.
- offering opportunities to learn new

ways of approaching problems (e.g. the friend or in-law who lacks an understanding of the need to mourn and pushes you to 'return to normal').

- helping them trust their fellow human beings again in what for many in grief feels like an unsafe, uncaring world.
- providing a supportive environment that can reawaken their zest for life.

In short, as group members give and receive help, they feel less helpless and are able to discover continued meaning in life. Feeling understood by others brings down barriers between the bereaved person and the world outside.

This process of being understood is central to being compassionate with oneself as a bereaved person. The more people are compassionate to the bereaved from the outside in, the more the bereaved are capable of being self-compassionate from the inside out.

Our mourning-avoiding culture often forces bereaved people to withdraw from insensitive friends and family or to adopt ways of avoiding the painful, but necessary work of mourning; support groups, which instead foster the experience of trusting and being trusted, can do wonders in meeting the needs of bereaved people. In an effective bereavement support group, members can achieve a balance between giving and receiving, between independence and an appropriate, self-sustaining dependence. The group provides a safe harbor where hurting people can pull in, anchor while the wind still blows them around, and

search for safe ground on which to go on living.

Growth means encountering pain

The death of someone loved naturally brings about emotional, physical, and spiritual pain for us as human beings. Forums such as support groups provide us with a safe place where we can embrace our pain in 'doses.' Encountering the pain of the loss all at once would overwhelm us and leave us defenseless. Sometimes bereaved people need to distract themselves from the pain of the loss, while at other times they need a 'safe harbor' to pull into and embrace the depth of the loss.

Growth means change

My experience has taught me that we as human beings are forever changed by the death of someone in our lives. To 'resolve' your own or someone else's grief often denotes a return to a homeostasis (inner balance) that was present prior to the death. I believe this model of care is inadequate and often damaging to bereaved people of all ages.

A 'return to inner balance' doesn't reflect how I, or the people who have taught me about their grief journeys, are forever changed by the experience of bereavement. In using the word growth, I acknowledge the changes that mourning brings about.

Growth means a new inner balance with no end points

While the bereaved person may do the

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work of mourning to recapture in part some sense of inner balance, it is a new inner balance. My hope is that the term growth reflects the active, ongoing process of mourning.

Growth means exploring our assumptions about life

The encounter with grief reawakens us to the importance of utilizing our potentials. The concept of potential in this context could be defined as our capacity to mourn our losses openly and without shame, to be interpersonally effective in our relationships with others, and to continue to discover fulfillment in life, living and loving.

Loss often serves as a catalyst to becoming more of what we can be instead of staying exactly what and where we are. Loss seems to educate the potential within. Then, it becomes up to us as human beings to embrace and creatively express this potential.

Growth is about not settling for homeostasis, but looking for and seeking out how we are changed by this death. Growth means discovering our gifts, our potentials, and using them to bring meaning to the lives of others.

About Dr. Alan Wolfelt



Author, educator, and grief counselor Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief—based on his

own personal losses as well as his experience supporting children, teens, adults, and families over the last three decades—speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of “companioning” versus “treating” mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well. Founder and Director of the Center for Loss and Life Transition, Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the 4-day trainings described on this website in beautiful Fort Collins, Colorado.

Dr. Wolfelt is a popular media

resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines. Recipient of the Association for Death Education and Counseling’s Death Educator Award, Dr. Wolfelt is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

“Mourning in our culture isn’t always easy. Normal thoughts and feelings connected to loss are typically seen as unnecessary and even shameful. Instead of encouraging mourners to express themselves, our culture’s unstated rules would have them avoid their hurt and ‘be strong.’

“But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life.

To learn more about Dr. Wolfelt and his Centre for Loss and his extensive Resource Library, visit <http://www.centerforloss.com/>

sharing our journey...

Teresa: “Angel Whispers truly was there for me when I had no idea where to turn. Miscarriage was a new thing for me, no one I knew had ever mentioned they had one or talked about it. When it happened to me I was overwhelmed; very emotional, confused and I felt very alone. Lori Ann met with me and immediately made me feel better with her caring, understanding and support. The gift of the feather angel wings was really the only thing I had to physically hang on to with my loss. The events and ongoing support are truly a blessing, they help you remember you aren't alone and others have been where you are. No longer feeling isolated has helped me immensely. I can't say enough about how Angel Whispers and Lori Ann have been there for me during one of the most devastating times of my life. If not for them I really don't know how I would have coped.

Donations

AngelWhispers accepts donations. A \$10 donation will sponsor a care package for an Angel Whispers family.

Donations can be made through the CanadaHelps website - www.canadahelps.org

Find us under Fort Saskatchewan Families First Society, find Angel Whispers under Fund Designation.

sharing our journey...

Jody: "This program is amazing! Even as a social worker myself, and able to counsel others, my husband and I were deeply distraught, and couldn't console each other. Having couples - the man's opinion and the woman's opinion was so beneficial and allowed us to truly heal separately and as a couple, and understand how differently men and women grieve, and to know that what we felt was experienced by many others in the group and we were not "crazy"! We found it super healing and educational and have made life long friends.

The group was a turning point for Ken and I! Ken will never forget Rene's testimony and it began his deep understanding and healing, and he tries now when he can to witness to other men about child and baby loss, using many of Rene's words. It's a fabulous group, and the compassion and no judgment and your personal experiences cannot be mistaken for anything but passion and love and a helping hand for many!! Even though we've chosen to move on and no longer attend, we will always support Angel Whispers. Thank you to all of you in this group!"

International Bereaved Mother's Day Sunday May 7th , 2017



This is what the creator of International Bereaved Mother's Day had to say about this special day... *"This day was created to get people to start talking about the real meaning of Mother's Day. Do you know who started it? Anna Jarvis founded the traditional Mother's Day to honour her mother who experienced the death of 7 of her children and somehow through the years it has turned into a commercialized mess that card companies make millions of dollars from, but the worst thing is that bereaved mothers are completely forgotten. This special day was created in 2010 to honour and celebrate the mothers who carry some if not all of their children in their hearts rather than their arms. In our modern day society, mothers who are grieving the death of their babies and children are usually forgotten. The traditional Mother's Day has proven to be an emotionally difficult day for so many mothers around the world. Just because your baby died does not mean that you are not a mother anymore. You are your baby's mother forever and people need to start recognizing this fact."*

International Bereaved Father's Day will be celebrated on Sunday September 24th, 2017 to honour and celebrate fathers who carry their babies in their hearts instead of their arms.



Can You Help?

Contact Fort Saskatchewan Families First Society at
780-998-5595
to donate or volunteer.

Meet our Angel Whispers Volunteers

Cara Richards is an Angel Whispers mommy and volunteer who is training as a co-facilitator with Angel Whispers. Cara and her husband Devin lost their son Reid on April 3, 2010 and attended their first baby loss support group a few weeks later. Cara has been very involved with Angel Whispers ever since, as a bereaved parent and volunteer with our program. Cara co-facilitates our monthly Baby Loss Support Group meetings and facilitates our Healing Hands workshop.

Cara is the creative force with Angel Whispers Volunteer and is responsible for designing most of our Healing Hands activities and Christmas ornaments for our Christmas workshop. Cara is always there with a helping hand or well organized spread sheet for our annual pub night fundraiser and Madison Memorial Golf Tournament!

Cara and Devin have 2 daughters they hold in their arms - Delia and their rainbow Cleo and their precious son Reid who they will forever hold in their hearts. Thank you Cara for everything you do to help to provide hope and healing to our grieving families.

Rene Huot is an Angel Whispers daddy and volunteer! Rene is the husband to Lori-Ann Huot, the Angel Whispers Program Coordinator. Rene and Lori-Ann have two angels, Loren and Brooklynn that they hold in their hearts and four daughters that they hold in their arms. Rene began co-facilitating the Angel Whispers monthly Baby Loss Support Group meetings approximately 5 years ago to ensure that the dads who were attending the meeting had someone they could relate to and connect with. Rene brings a caring and unique perspective to the baby loss meetings as has a wonderful way of explaining grief and loss to everyday situations that others can understand and relate to, a good example of which is his Snakes and Ladders analogy:

"The one thing that holds true for both men and women is that the emotions of grief can be like a game of snakes and ladders. Like the game, you will move ahead in your journey, and as time goes on you seem to be doing

well. Then suddenly you hit a snake and fall a few steps behind (grief burst); you spend some time there and then you make your way back to the ladder to climb ahead in your grief. The game of Snakes and Ladders will eventually end; the difference with grief is that it doesn't end, it's a lifelong journey with more ladders and fewer snakes as time goes on. Some journey through the game of snakes and ladders easier than others; some climb more ladders, some hit more snakes. Now please don't think I'm suggesting that grief is a game, that's the farthest thing from the truth. It's simply the analogy of climbing ladders and hitting the snakes I relate to our own personal grief journey, and as I've explained it to others in my life they have been better able to understand what our experience has been like."

Rene is able to share his experiences through loss and stresses the importance of communication with your partner as you journey through loss together. Thank you Rene for everything you do to help Angel Whispers provide hope and healing to grieving families.

Meagan O'Connell is an Angel Whispers mommy and volunteer. Meagan contacted Angel Whispers after the loss of her sweet angels and the birth of her Rainbow baby, looking for an opportunity to provide support to other bereaved families. Meagan attends meetings when she is able and has expressed an interest in training to facilitate meetings in the future. Meagan understands the devastation experienced by families after the loss of a baby as she has experienced the grief and heartache of losing her little angels and the lost hopes and dreams for the future with those babies. Meagan is always looking for ways to raise money for the program and has incredible fundraising ideas to share!

Meagan is married to her husband, RJ - they are loving parents to their angels and their Rainbow Baby, Noah. Thank you Meagan for everything you do to help Angel Whispers provide hope and healing to grieving families.

Kira Gushta is our newest Angel Whispers Volunteer. Kira reached out for support after the loss of her 4 precious angels and soon after connecting with Angel Whispers, she discovered she was pregnant with her Rainbow baby.

Through Kira's personal experience and journey through multiple losses, she has become very knowledgeable with the medical system and the questions to ask. She is wonderful at sharing her experiences with others who need guidance in navigating the complicated and often overwhelming medical system.

Kira's Rainbow baby Enzo was born in October 2016. Kira expressed an interest soon after having Enzo in giving back to the program and training to be a co-facilitator. Kira is always willing to help out wherever she can with the program. Kira is married to her husband Mike, together they have their 4 sweet angels and their 2 boys, Dominic their older son and Enzo their rainbow. Thank you Kira for everything you do for Angel Whispers and the hope you inspire in others!

We appreciate our Angel Whispers volunteers!

Thank you to our dedicated volunteers who have contributed their time and experiences to helping other bereaved families.

Would you like to help?

We are currently looking for volunteers to help plan and organize upcoming fundraisers. If you would like to volunteer your time to help Angel Whispers raise much needed funds to sustain supports and services to grieving families, please contact Lori-Ann at (780)998-5595 ext. 225 or email - angelwhispers@familiesfirstsociety.ca.



Families First Society
FORT SASKATCHEWAN

#thisisourvillage



Understanding Your Grief Workshop

A Workshop of the Angel Whispers Baby Loss Support Program

This is a series of 6 weekly classes to help you to understand your grief.

Topics include:

- Normal emotions of grief
- Myths about grief
- Grief vs. mourning
- Taking care of yourself
- Reaching out for help
- Healing your broken heart

When: **Thursdays**
May 11 to June 15

Where: **Families First Society**
(Pembina Conference Centre)
9901 – 90 Street, Fort Sask

Time: **6:30 - 8:30 pm**

Cost: **\$25 (Includes workbook)**



***Limited to 10 participants.**

**For more information or to REGISTER
please call 780-998-5595 ext. 221.**

Balcony and Basement People

By Traci Cooley

Shortly after my daughter Malena died, I started a home based business to keep busy. During the course of this business venture, I was able to attend the company's annual convention. These conventions are geared toward encouraging and motivating the sales teams to sell, sell, and sell. There are workshops and motivational speakers all pushing you into 'expanding your business'. As I sat through many of these speakers, most of what they said I related to surviving the death of my precious daughter rather than expanding my business.

Three years later, one of the workshops I attended that weekend keeps popping into my head as my grief process extends past what the world finds 'comfortable'. The workshop was called 'Balcony People and Basement People'. I have spent days and weeks applying this to the people I have encountered during my bereavement.

I continually seek Balcony people and I avoid those I consider Basement people. Basement people are people who constantly pull you down or discourage you. Basement people in our grieving process can and do cause us much hurt and distraction. Basement

people are the people who do not wish to hear about your child, they do not want to talk about your hurt or actively help you go through the grief process. Basement people are also people who say ugly or uneducated things about your loss such as 'Aren't you over that by now?' Basement people criticize your bereavement or question every method you chose in dealing with your loss. Basement people make everything about them and their feelings; disregarding the fact that it is your child who died. Basement people can cause a lot of hurt (often, unintended) to you during your bereavement process.

Balcony people are the people who pull you forward and along the road of grief. Balcony people come beside you and cry with you, spend time listening to you talk of your child and tell you stories they remember, too. Balcony people encourage you to seek ways to heal and process your loss. They understand that the way you chose to deal with the death of your beloved child may not be their way but it is what is good for you. Balcony people understand when you do not want them around but stand by just in case you

change your mind. Balcony people cook or clean for you because you just do not have the energy or they do not comment when the house is a little (or a lot) messier than it used to be. Balcony people understand that you will never be the 'old' you and help you to find the 'new' you who will emerge through the grief and loss you have sustained.

Take the time to identify the Balcony people and Basement people in your life. Spend most of your time with the Balcony people and try to limit the time with Basement people; if possible. Balcony people pull you up, cheer you on, encourage you and take care of you when you most need it. Basement people pull you down, criticize and find fault in what you do. Balcony people and Basement people; we all have them in our lives.

It is our choice of who we allow to be part of our bereavement process and our lives. I choose my Balcony people.

Traci Cooley is a bereaved mother from Tampa, Florida. This writing is reprinted from 'A Journey Together' at www.bereavedparentsusa.org

THE ELEPHANT IN THE ROOM

By Terry Kettering

There's an elephant in the room.

It is large and squatting,
so it is hard to get around it.

Yet we squeeze by with,
"How are you?" and, "I'm fine,"
and a thousand other forms of trivial
chatter.

We talk about the weather;
we talk about work;
we talk about everything else—
except the elephant in the room.

There's an elephant in the room.
We all know it is there.
We are thinking about the elephant
as we talk together.

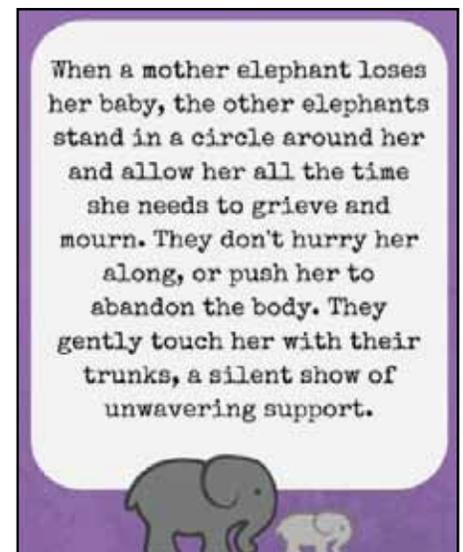
It is constantly on our minds.
For, you see, it is a very big elephant.
It has hurt us all, but we do not talk
about the elephant in the room.

Oh, please, say her name.
Oh, please, say "Barbara" again.
Oh, please, let's talk about
the elephant in the room.

For if we talk about her death,
perhaps we can talk about her life.

Can I say, "Barbara" to you
and not have you look away?

For if I cannot,
then you are leaving me alone
in a room—with an elephant.



You are invited to join us...

***Angel Whispers Baby Loss Support
Program's***

7th Annual Rainbow Baby Reunion



Date: Sunday May 7th, 2017

Time: 3-5pm

Location: FCSS Office

401 Festival Lane, Sherwood Park

RSVP: Lori-Ann - angelwhispers@familiesfirstsociety.ca before May 4th

This is an opportunity to celebrate the Rainbow babies that have been born to our Angel Whispers families over the years while honouring and remembering our precious babies that we hold in our hearts instead of our arms.

You are welcome to join us for an afternoon of sharing memories, honouring our angels and celebrating our Rainbows.

Families welcome!

Rainbow Baby Birth Announcements

Marlie Ayan Deng

Born on December 3, 2016 weighing 7lbs 13oz to proud parents Lesley and Makuach Deng. Marlie is surrounded by the love of her twin, Maya Angel Deng who grew her angel wings during their pregnancy. She also has another angel watching over her, Hope, who is the twin to her big sister Faith. Marlie's older siblings Scarlet, Faith, Zane, Raine, Tori, Gage and Kasey are celebrating her safe arrival.

Senja Sutankayo Smale

Born on January 4, 2017 weighing 6 lbs 9oz to loving parents Lynn Sutankayo and Billy Smale and proud big brother Hue. Senja's big sister Annie is celebrating with the angels.

Danica Leigh DeLeon

Born on January 30, 2017 weighing 7 lbs 4oz to excited parents Melissa and Alan DeLeon and proud big brother Matteo. Danica is watched over by several angels and her big brother Noah in heaven.

Finnick Kelvin Banner Laye

Born on February 28, 2017 weighing 7 lbs 2oz to proud parents Kayla Cavaliere and Justin Laye. Finnick is surrounded by the love of his 2 angel siblings, Sawyer and Logan.

sharing our journey...

Lesley: "I'm still trying to learn it's ok to grieve for my losses, to not feel I am so alone in this journey. Lori-Ann has gone above and beyond in my unique situation to be by my side as I struggle with the reality that is my new life. Having met other moms and dads that are struggling the same as I am has been so comforting. I don't know where I would be mentally right now without the program. I'd be lost if it was not for Lori-Ann taking me under her wings and showing me a gentler side of grief and loss. I wouldn't be where I am without that and I am forever grateful!"

The Club

By Karen Grover

We are all members of a very exclusive club. We had been only vaguely aware of its existence, and we thought that surely a chapter in a city the size of ours wouldn't have many members. We had seen a few people who belonged to the club, but we didn't seem to have anything in common with them, so we didn't really get to know them. Occasionally, we read stories in the newspaper about new members being initiated into the club, but it didn't seem likely that we would ever be eligible to join, so we paid no attention.

The price of membership is so dear that we couldn't imagine being a part of the club. We must have realized in the backs of our minds that people didn't choose to join and pay the dues--it was done for them somehow. In fact, no one really has any idea of how members are selected. There are a lot of theories; but much of the time, the theories come from non-members who don't understand much about the situation.

The "club" we are now in (although it is not an organized group), is known as "bereaved parents." The cost of our membership was the life of our children; and we, like all other members, have no idea why we were selected for membership.

No one wants to be in this club. Even now, months afterward, inside our hearts and minds we continue to fight membership, but there is no resigning from it. It is an automatic lifetime membership. There was no way to avoid it--we did the best we could to keep our children safe only to have them die.

Though we lay awake night after night, and think of it day after day, there is no answer as to why we have been thrust into this select group. We hate it and we cry out in protest, but there is no way to change it. We have learned a lot since our membership began. We now understand much about the other members. In fact, we seek to be with them, to have regular get-

togethers, to discuss our membership, and try to understand its value.

Sometimes, those outside the club are afraid of us, fearing that if they come near us or talk with us, they will be selected to become members too! Acquaintances often try to ignore the membership, pretending that it doesn't exist. They seem to think that will make things easier, and then the members won't feel "different," but it really only makes things much worse. So many times, we have wanted someone to say hello or to tell us they have been thinking of us or to mention something about the absent child who still lives inside us and overshadows all our thoughts.

We have to experience the grief. We can't pretend it doesn't hurt, or hurry it along. That's what membership in this club is teaching us. We are choosing to allow God to take an unspeakable experience and use it to start life again...in a new and better way.

We have heard people say, "I don't want to upset her, or remind her of her baby, or say something that will make her cry." We want to tell them: The only way you can make me feel worse than I already do is to pretend that it doesn't exist or that it isn't as deep and painful as you surely know it is. Have you ever experienced the feeling of having one terrible incident go through your mind, day after day, week after week, month after month, wondering why it happened and how you could have prevented it? Well, don't worry about reminding us of our children. We are thinking about them nearly twenty-four hours a day. Sure, sometimes our minds are temporarily distracted--it would have to be to function at all. But if you think there is even one day that goes by without our children's death tearing up

our hearts, then you have no idea what this club is all about.

We appreciate your talking about our children, or at least letting us talk about them. They are a very large part of our lives, and ignoring them now will really hurt us. It makes us think that you feel they are no longer important because they are gone. It hurts to think that people don't want to think about them or remember good things about them, just because they have died.

We understand that you don't want to say anything that will make us cry. That sounds kind, and we used to feel that way too, but now we know better. We'd rather the tears didn't come when you talk to us because we know they may scare you away, or at least make you very uncomfortable. But we've learned how useful and necessary they are.

If we go too long without tears, our body builds up a terrible pressure from the pain of the grief. If you will allow us to cry in your presence, perhaps we won't have to cry alone, wondering if anyone else remembers, or even cares, about our loss. You can't know what will make us cry--sometimes we don't know ourselves. Some days we stay dry-eyed through nearly everything.

Other days, the slightest thing will start the tears--things you could not possibly imagine or anticipate. Not all the tears are tears of sorrow. Even in the midst of our anguish, we sometimes cry tears of joy and relief because you have reached out; because you have confirmed that our children were special; perhaps because you have shared with us some precious memory about them which we had not known before.

Please don't run away from us. Don't pretend their death never occurred, or even worse, that they never lived! We still love them, think of

'The Club' Continued on page 14

them, and need to remember. Please share with us and we will all feel better.

We are learning that God is not punishing us. He did not cause the death of our children. But, He can help us to grow through this experience--to become stronger and wiser and more caring, if we have some help. Initially, when we were told that we would change and grow stronger through this experience, we wanted to scream that if it meant giving up our children, we didn't want to change or get stronger. But we know we have no choice about that now -- they are gone. Now our choices are to either let God, and friends, help us to become better; or we can choose to allow this grief to destroy us.

We have to experience the grief. We can't pretend it doesn't hurt, or hurry it along. That's what membership in this club is teaching us. We are choosing to allow God to take an unspeakable experience and use it to start life again... in a new and better way.

Visit us on Facebook!

Facebook is a fast and easy way for us to send out meeting reminders and notifications about our healing hands workshops, as well as what is new in our community.

Find our Angel Whispers Facebook page at <https://www.facebook.com/angelwhispersbabylosssupport>

Add the Angel Whispers Program Coordinator, Lori-Ann, on facebook, you can find her as **Lori-Ann Angel-Whispers**.

Thank You!

- To **Daniella and David Fung** for raising money for the Angel Whispers Baby Loss Support Program in honour of their son Jackson. Thank you to everyone who donated in Jackson's memory.
- To **Carol-Anne and Curtis Fleming** for raising money for the Angel Whispers Baby Loss Support Program in honour of their daughter Grace. Thank you to everyone who donated in Grace's memory.
- To **Cheryl and Simon Budziszyn** for selecting Angel Whispers and the Stollery Children's Hospital as beneficiaries of Emily's Legacy Bike Tour being held on September 16th, 2017 in Canmore/Banff.
- To all the **families who donate** to cover the costs for our care packages, birth certificate keepsakes and memory box program.
- To **everyone who has donated online through Canada Helps** in memory of the sweet babies of our Angel Whispers families.
- To **Strathcona County Family and Community Services** for the Social Services Grant received in April 2016 to help Angel Whispers sustain services to grieving families.
- To the **Alberta Government** for the Community Initiatives Program Grant to help Angel Whispers sustain services to grieving families.
- To the **Swiftsure Foundation** for the generous donation which allowed the Angel Whispers Program Coordinator the opportunity to complete her Death and Grief Studies Certification!
- To **Strathcona Family and Community Services** for allowing us use of their meeting space!
- To **Betty Dean** for helping with our newsletter!
- To all our **Angel Whispers volunteers!**
- To **Brenda Chmilar and the Kalyna County Quilters** for the generous donation of quilts for our Rainbow babies!

- **Thank You AON** for selecting Angel Whispers as one of their Charities of Choice for their April Aon Cares Charity Campaign.



- **Thank You Hearts of Blue®**

Hearts of Blue, our employee-run charity, was originally planned as a one-time 50th anniversary event in 1998. It was so well received, however, that it became an ongoing part of Alberta Blue Cross's community involvement. Today, Hearts of Blue is a registered charity operated by our employees and funded through both employee and corporate donations.



Members of Hearts of Blue provide help where needed by volunteering their time and donating items such as food, clothing and furniture to dozens of organizations across the province.

Thank you to the Alberta Blue Cross Hearts of Blue Team for the generous donation of Angel Wings and Resources for our care packages!

Healing Opportunities



Emily's
LEGACY BIKE TOUR

Sept 16, 2017
Canmore, Alberta

Online Silent Auction
August 13-19

In support of:



www.emilysbiketour.com

Emily Budziszyn, was born on September 14, 2013. Shortly after her birth Emily contracted a virus and ended up in the hospital. The virus attacked her heart and resulted in myocarditis (inflammation of the heart muscle). The damage was too great and it became apparent that her heart wouldn't recover. Emily was placed on the heart transplant list and she was lucky enough to receive a new heart a couple months later. Unfortunately, complications arose and she passed away on January 1, 2014 as the result of a heart attack that severely damaged her new heart.



Saturday September 21, 2013 is the day Emily was first admitted to the hospital. Each year on the 3rd Saturday of September we will remember Emily through *Emily's Legacy Bike Tour*, a 45km (round trip) bike ride on the Banff Legacy Trail.

Funds are being raised in support of the Stollery Children's Hospital Foundations and Angel Whispers Baby Loss Support Group.

For more information contact Cheryl Budziszyn at emilysbiketour@gmail.com

Pilgrims BriarPatch Centre for Grieving Families

***Expressive Arts for Children** ages 5 to 12 years old who have experienced the death of someone they love. We offer art, music, play, puppetry and drama for our youngest mourners to explore their unique grief journey in a safe and compassionate setting. Our parent/guardian group meets concurrently for other family members.

***Expressive Arts for Teens** ages 13 to 18 years old who have experienced the death of someone they love. We offer art, music, writing and movement for our youth to explore their unique grief journey in a safe and supportive environment. A parent/guardian group meets concurrently for other family members.

For more information on these children's grief programs, contact Cheryl Salter-Roberts - cherylsr@pilgrimshospice.com or 780.413.9801 ext. #302



Healing Opportunities

Yoga for Grief Support

Yoga specifically designed for people who have suffered the death of a loved one. Classes involve yoga postures, breathing and meditation along with educational and supportive topics related to bereavement support.

Guided by Sandy Ayre, an Occupational Therapist and Certified Yoga Instructor.

For more information and upcoming class dates, please visit - www.yogaforgriefsupport.com

7th Annual Rainbow Baby Reunion

Sunday May 7th, 2017 3-5pm

This is an opportunity to remember our Angels and celebrate our Rainbow Babies. Moms, Dads, children and Rainbow babies are encouraged to join us for this celebration!

FCSS offices - 401 Festival Lane, Sherwood Park. Please come through the library entrance and proceed to the second floor. For more information or to register, please call Lori-Ann at (780)998-5595 ext. 225.

Angel Whispers Spring 'Understanding Your Grief' 6-week workshop

May 11th - June 15th, 2017

- Thursdays from 6:30-8:30 p.m.
- Location: Families First offices - 9901-90St. Fort Saskatchewan
- Cost \$25, includes the 'Understanding your Grief Workbook'
- Limited to 10 participants each session

Topics include:

- dispelling misconceptions about grief
- the uniqueness of your grief
- exploring the feelings of loss
- understanding the needs of mourning
- nurturing yourself
- reaching out for help
- seeking reconciliation not resolution

To register, call (780)998-5595 ext 221

Annual Spring Memorial Service

Sunday May 28th, 2017 - 1pm

Every spring the funeral homes, hospitals, cemeteries and support groups in the Edmonton area collaborate to hold a special memorial service for families who have lost a baby. This year's service will be held at Park Memorial Funeral Home, 9709 111 Ave NW Edmonton - there will be graveside service to follow at Northern Lights Cemetery.

If you are unable to attend but would like your baby acknowledged, please call Lori-Ann at (780)998-5595 ext. 225.

4th Annual Angel Whispers Picnic and Balloon Release

Information and date to be announced in the summer newsletter.

Annual Baby Steps Walk to Remember Memorial walk is planned for the fall.

More details and dates will be announced in the summer newsletter.



Fund Raising Opportunities

Angel Whispers Healing Hearts Paint Night

This is a healing opportunity for our Angel Whispers families, friends and the community to come together in a creative setting in support of the Angel Whispers Baby Loss Support Program.

Spring date to be announced soon - stay tuned to Facebook and our website for more information when it becomes available.

Emily's Legacy Bike Tour

In memory of Emily's Budziszyn benefiting the Angel Whispers Baby Loss Support Program and the Stollery Children's Hospital **Saturday September 16th, 2017** in Canmore. Online Silent Auction August 13th-19th. Visit www.emilysbiketour.com for more information or see the poster on page 15 of this newsletter.

Angel Whispers Pub Night Fundraiser and Silent Auction

We are planning our next Pub Night at the Canadian Brewhouse in Sherwood Park for **fall 2017**. Details will be announced as soon as they become available - stay tuned to Facebook and our website.

Stay tuned to our website, www.angelwhispers@familiesfirstsociety.ca for more information on these upcoming fundraisers!

Because the Angel Whispers Baby Loss Support Program does not receive long term sustainable funding, we rely heavily on fundraisers to sustain our services to grieving families.

If you have an idea on a fundraiser for the program or are interested in holding a fundraiser for Angel Whispers, please contact Lori-Ann Huot, Angel Whispers Program Coordinator at (780)998-5595 ext. 225 or email angelwhispes@familiesfirstsociety.ca.

Thank you to those that held fundraisers in 2016 benefiting the Angel Whispers Baby Loss Support Program!

In Memory of our Newly Discovered Angels

Samuel Lott, June 21, 2016

Jack Ernest Brygadyr, July 17, 2015

Joey Edward Barber, October 17, 2016

Adeline Batac, December 13, 2016

Rebecca Carol Brown, December 14, 2016

Spencer Keith Rasmussen, December 27, 2016

Eli McLean, September 4, 2016 - January 6, 2017

Madison Rose Gase, January 10, 2017

Emercyn Christina Hornby, January 11, 2017

*All angels can be found on our website at www.angelwhispers.ca/angelwhispers
Please call or email us if you would like to submit your baby's name to be remembered. If we have forgotten to remember your baby on this page, or have misspelled your angel's name, please let us know.*



Families First Society FORT SASKATCHEWAN

Families First Society is a non profit organization established in 1996. We are directed by a volunteer board and work in partnership with many community agencies to offer a variety of programs and services. Our programs promote positive parenting and early childhood development.

Families First Society offers parent education, programs for young children to learn and play, and family support services, as well as information and referral to other programs and services in the community.

Fort Saskatchewan Families First Society (main office)

9901-90 St. T8L 3T1
or Box 3285 T8L 2T3
Fort Saskatchewan, AB
Parent Link Centre

Phone: 780-998-5595

Fax: 780-998-5503

Angel Whispers was created by three moms in the Edmonton area who experienced the loss of their babies: one shortly after birth, one through miscarriage, and one through still birth.

It is a program of Families First Society of Fort Saskatchewan, a non-profit charity funded primarily through individual donations.

Donations, in memory of your baby, are acknowledged in our newsletter at your request. Charitable donation receipts are issued upon request.

Angel Whispers provides:

- baby loss support group
- Healing Hands groups
- subsequent pregnancy support group
- resource lending library
- quarterly newsletter
- special care packages
- Memory Box program
- one-on-one and email support
- birthcertificate keepsakes

Angel Whispers Care Packages

Angel Whispers sends out care packages to grieving families. Each package includes a special memento and strategies for coping. Birth Certificate keepsakes are also available.

If you would like to receive or send a care package, please call us or email angelwhispers@familiesfirstsociety.ca,

Baby Loss Support Group

Open to any family that has been devastated by the loss of a baby to miscarriage, stillbirth or neonatal death. Meetings are held from 709 p.m. at Strathcona County FCSS Offices - 401 Festival Lane - Registration required.

From 6-8 p.m.

- Sunday April 2
- Sunday May 7
- Sunday June 4

Miscarriage Support Group

These meetings are open to any family that have experienced the loss of a baby to miscarriage, ectopic pregnancy, molar pregnancy or blighted ovum. Meetings are held at Families First Society, 9901-90 Street Fort Saskatchewan. Registration is required.

From 6:30-8:30 p.m.

- Monday April 10
- Monday May 15
- Monday June 12

For meeting information, or to receive our newsletter or a special care package, please call 780.998.5595, ext. 225.

Angel Whispers is a non-denominational program. However we honor and respect the individual beliefs of our families.

For families seeking additional support please see:

<http://www.angelwhispers.ca/angelwhispers/support>