

Angel Whispers

FALL, 2018

*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

Hello Angel Whispers families,

Time once again for our next newsletter edition. Today is the first day of fall here in Canada, the perfect day to write my introduction for our fall newsletter!

As I look outside, the snow is gently falling. It is uncommon for snow to fall this early in the year, but living in Alberta it doesn't surprise us...we have experienced all 4 seasons in the past 2 weeks! As I have talked about in a few past newsletters, the seasons can feel much like our experience with grief. Some days can be warm and sunny and the next can bring in an unexpected storm that comes with rain, snow, wind and reduced visibility.

Grief can feel like those storms that we experience, and when we are overwhelmed by those storms it can be hard to see through to the other side...but I assure you those storms do pass and sunny skies will return. Remember though it's not just time alone that makes a difference. It's what we do with the time and the support we receive. And it's important to know that even though the storms pass, we never 'get over' our loss, we learn to integrate our losses into our lives and our grief softens, but those storms can return at any time; we refer to them as grief bursts. They are often triggered by birthdates, anniversaries, holidays and milestones.

The focus of this newsletter is self-care and nurturing yourself when you are grieving. Ironically I'm writing about self-care when this is my first day off in September. Apparently I need to do a better job myself of self-care. I chose to focus on self-care for this edition as it's so critically important when you are grieving. Many of

us tend to be very hard on ourselves when we are grieving, we set high expectations for ourselves and feel like failures when we don't meet these expectations. We even find ourselves judging ourselves and criticizing ourselves for things we do or don't do, or even things we don't do well enough. We are often influenced by societal messages and misconceptions of what to expect from our journeys and when our personal experience doesn't align with these expectations we often shame ourselves. We often put ourselves low on our priority lists because we feel putting ourselves first is selfish. Let me reassure you that this is the farthest thing from the truth. The truth is that our own self-care needs to be a priority, not only when we grieve but in general. Good self-care gives us the strength and endurance to face this difficult grief journey and helps us to move towards healing.

Self-care allows us time to be more gentle with ourselves, provides us more time to focus on our own needs and provides us renewed energy to do the hard work of grieving. Remember to be gentle and compassionate with yourselves.

Our losses often have us shifting perspectives in our own lives and realizing what is truly important in our lives, our priorities change. We love others deeper, forgive others easier and appreciate others more. Don't forget to love yourself deeper, forgive yourself easier and appreciate yourself more.

As your priorities change, allow yourself to put yourself on the top of that priority list. That doesn't mean by doing so you

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aren't focusing on your loved ones and making them a priority, but what it will do is allow you to have more of yourself to give to others. That doesn't mean giving more to others, instead you have more love to give, more forgiveness to give and more appreciation to give them when you are taken care of yourself.

Part of our self-care is delegating responsibilities to others so you have more time for self-care. What can you delegate to remove some of the burden of responsibilities from your life?

My commitment to myself moving forward is to do a better job of self-care for myself; it's not only critical when we are grieving but in life itself. It becomes even more important however when we are grieving and impacted by common grief responses that can wear on us physically, emotionally, mentally, socially, behaviorally and spiritually. When we focus on our own self-care, it's important to nurture ourselves in all these realms. Dr. Alan Wolfelt shares his ideas on how to care for yourself in those areas in the next few pages.

Wishing you a gentle fall season filled with self-care and compassion. May you renew your soul and experience moments of peace, joy and hope.

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



Célène's Story

By: Célène Winterton

After four and a half years of battling infertility, my husband and I fell pregnant with twins after our second round of IUI. I wish I could tell you that I was over the moon and that I approached the upcoming 9 months with grace and enthusiasm. But I felt terrified. I felt as though it were too good to be true and unfortunately it was. I lost my two little dreams 2 weeks apart, at 5 ½ and 7 ½ weeks, through a series of traumatic and terrible events that would wreak havoc on my physical, mental, emotional, and spiritual self.

While I'm far from out of the woods, I wrote the story I'm about to share with you one week after my second miscarriage. It just came to me as I was writing in my journal and it helped immensely. More than anything, I was and am able to share this story with those around me, to help them understand how I feel. Where along this journey I am.

I pictured a little boy and girl walking home through the woods in the dark. The girl was holding a big red balloon. They were tasked with looking after the balloon and its contents were love. As they walked through the woods, the girl thought to herself that she should have known better than to pick such a scary and precarious route home. She felt foolish even.

And sure as the night, an awful creature began following them. They ran and ran as fast as they could until they were so exhausted they couldn't run any longer. And the evil creature caught up to them and snatched the balloon out of the girl's hands. And then

before they could catch their breath, they were chasing after their balloon, running and running.

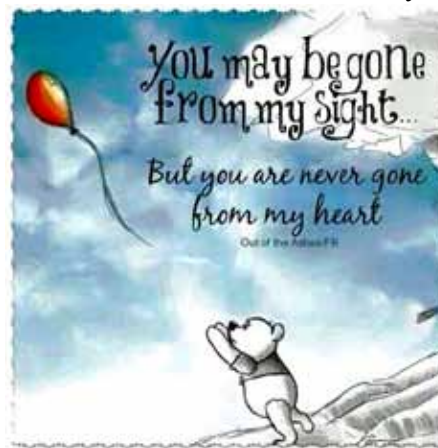
They chased that monster to the top of a mountain peak where it jumped off of a cliff. The girl jumped off after the creature, the boy trailing behind. And after all of that running, they stumbled and fell and smacked their bodies and faces on sharp rocks, clothes ripped and torn along the way, skin bruised at every opportunity, trying to find that balloon.

When they finally stopped falling, they stood up to find themselves lost and in the middle of nowhere. No concept of time or direction, and no starts to point the way home. The balloon was gone, and they were lost.

And that is where we still are. Lost in the woods.

I've actually gotten a bit comfortable out here, with my evil creatures. I've even made a little home for myself. The problem with being lost though, is that no one knows where you are. If you're lucky enough, you've got a search party trying to find you. I'm lucky enough to have that but there are still some days where I just don't want to be found.

I don't know how this story will end; if I'll find my way out, end up with more balloons, or stay lost forever, but I've come far enough along to realize that the choice to stay lost or be found is mine.



Nurturing Yourself When You're Grieving

by Alan D. Wolfelt, Ph.D.

"There is nothing in nature that can't be taken as a sign of both mortality and invigoration." —

Gretel Ehrlich

The word "bereaved," which to our modern-day ears can sound like an old-fashioned term that only a funeral director might use, means "to be torn apart" and "to have special needs." So despite its obsolescence, the word is still accurate and useful. Perhaps your most important "special need" right now is to be compassionate with yourself. In fact, the word "compassion" means "with passion." Caring for and about yourself with passion is self-compassion.

Over many years of walking with people in grief, I have discovered that most of us are hard on ourselves when we are in mourning. We judge ourselves and we shame ourselves and we take care of ourselves last. But good self-care is essential to your survival. To practice good self-care doesn't mean you are feeling sorry for yourself, or being self-indulgent; rather, it means you are creating conditions that allow you to integrate the death of someone loved into your heart and soul.

Remember—self-care fortifies your long and challenging grief journey, a journey which leaves you profoundly affected and deeply changed. To be self-nurturing is to have the courage to pay attention to your needs. Above all, self-nurturing is about self-acceptance. When we recognize that self-care begins with ourselves, we no longer think of those around us as being totally responsible for our well-being. Healthy self-care forces us to mourn in ways that help us heal, and that is nurturing indeed.

Nurturing yourself in five important realms

When we are "torn apart," one of our most important special needs is to

nurture ourselves in four important areas: physically, emotionally, socially and spiritually. What follows is a brief introduction to each of these areas. You will then be invited to go to your companion journal and express how you see yourself doing in each of these areas.

The physical realm

Your body may be letting you know it feels distressed. Actually, one literal definition of the word "grievous" is "causing physical suffering." You may be shocked by how much your body responds to the impact of your loss.

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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/>.

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Among the most common physical responses to loss are troubles with sleeping and low energy. You may have difficulty getting to sleep. Perhaps even more commonly, you may wake up early in the morning and have trouble getting back to sleep. During your grief journey, your body needs more rest than usual. You may also find yourself getting tired more quickly—sometimes even at the start of the day.

Muscle aches and pains, shortness of breath, feelings of emptiness in your stomach, tightness in your throat or chest, digestive problems, sensitivity to noise, heart palpitations, queasiness, nausea, headaches, increased allergic reactions, changes in appetite, weight loss or gain, agitation, and generalized tension—these are all ways your body may react to the loss of someone loved.

Good self-care is important at this time. Your body is the house you live in. Just as your house requires care and maintenance to protect you from the outside elements, your body requires that you honor it and treat it with respect. The quality of your life ahead depends on how you take care of your body today. The “lethargy of grief” you are probably experiencing is a natural mechanism intended to slow you down and encourage you to care for your body.

And be certain to “talk out” your grief. Many grieving people have taught me that if they avoid or repress talking about the death, their bodies will begin to express their grief for them.

The emotional realm

We explored in Touchstone Four a multitude of emotions that are often part of grief and mourning. These emotions reflect that you have special needs that require support from both outside yourself and inside yourself. Becom-

ing familiar with the terrain of these emotions and practicing the self-care guidelines noted can and will help you authentically mourn and heal in small doses over time. The important thing to remember is that we honor our emotions when we give attention to them.

Caring for your emotional self

Following are just a few ideas to help you care for your emotional self during your journey through grief. What ideas can you think of?

- *Reach out and touch*

For many people, physical contact with another human being is healing. It has been recognized since ancient times as having transformative, healing powers. Have you hugged anyone lately? Held someone's hand? Put your arm around another human being? Hug someone you feel safe with. Kiss your children or a friend's baby. Walk arm in arm with a neighbor. You might also appreciate massage therapy. Try a session and see how it feels for you.

- *Listen to the music*

Music can be very healing to mourners because it helps us access our feelings, both happy and sad. Music can soothe the spirit and nurture the heart. All types of music can be healing—rock & roll, classical, blues, folk. Do you play an instrument or sing? Allow yourself the time to try these activities again soon.

- *Draw a “grief map”*

Sometimes, corraling all your varied thoughts and feelings in one place can make them feel more manageable. You could write about them, but you can also draw them out in diagram form. Make a large circle at the center of your map and label it GRIEF. This circle represents your thoughts and feeling since the death. Now draw lines radiating out of this circle and label each line with a thought or feeling that has contributed to your grief. For example,

you might write ANGER in a bubble at the end of one line. Next to the word anger, jot down notes about why you feel mad.

Your grief map needn't look pretty or follow any certain rules. The most important thing is the process of creating it. When you're finished, explain it to someone who cares about you.

- Schedule something that gives you pleasure each and every day

Often mourners need something to look forward to, a reason to get out of bed each morning. It's hard to look forward to each day when you know you will be experiencing pain and sadness. To counterbalance your normal and necessary mourning, each and every day plan—in advance—something you enjoy. Reading, baking, going for a walk, having lunch with a friend, gardening, playing computer games—do whatever brings you enjoyment.

The cognitive realm

Your mind is the intellectual ability to think, to absorb information, make decisions and reason logically. Without doubt, you have special needs in the cognitive realm of your grief experience. Just as your body and emotions let you know you have experienced being “torn apart,” your mind has also, in effect, been torn apart.

Thinking normally after the death of someone precious to you would be very unlikely. Don't be surprised if you struggle with short-term memory problems, have trouble making even simple decisions, and think you may be “going crazy.” Essentially, your mind is in a state of disorientation and confusion. As C.S. Lewis noted after the death of his wife, “At times it feels like being mildly drunk, or concussed. There is a sort of invisible blanket between the world and me. I find it hard to take in what anyone says.”

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Early in your grief, you may find it helpful to allow yourself to “suspend” all thought and purposefulness for a time. Allow yourself just to be. Your mind needs time to catch up with and process your new reality. In the meantime, don't expect too much of your intellectual powers.

Caring for your cognitive self

Following are just a few ideas to help you care for your cognitive self during your journey through grief. What ideas can you think of?

- *Ask yourself two questions: What do I want? What is wanted of me?*

First, now that the person you loved is gone, what do you want? What do you want to do with your time? Where do you want to live? With whom do you want to socialize? Whom do you want to be near? These are big questions that may take some time for you to answer. Second, what is wanted of you? Who needs you? Who depends upon you? What skills and experience can you bring to others? What are you good at? Why did God put you here on this earth? While considering what you want is important, it alone does not a complete life make.

- *Make a list of goals*

While you should not set a particular time and course for your healing, it may help you to have made other life goals for the coming year. Make a list of short-term goals for the next three months. Also make a list of long-term goals for the next year. Be both realistic and compassionate with yourself as you consider what's feasible and feels good and what will only add too much stress to your life.

But avoid making any major changes in your life for at least two years

While it can be helpful to have goals to help you look to a brighter

future, it's a mistake to march too boldly ahead. Sometimes, in an effort to obliterate the pain and “move forward,” mourners make rash decisions shortly after the death. Some move to a new home or city. Some quit their jobs. Some break ties with people in their life or take on new relationships too quickly.

Typically these changes are soon regretted. They often end up compounding feelings of loss and complicating healing as well as creating staggering new headaches. (For example, more than half of all remarriages within the first two years of widowhood end in divorce.)

If at all possible, avoid making drastic changes for at least two years after the death. You cannot run away from the pain, so don't make things worse by trying to. Instead, give yourself at least a full 24 months to consider any other major changes in your life.

The social realm

The death of someone you love has resulted in a very real disconnection from the world around you. When you reach out and connect with your family and friends, you are beginning to reconnect. By being aware of the larger picture, one that includes all the people in your life, you gain some perspective. You recognize you are part of a greater whole—and that recognition can empower you. You open up your heart to love again when you reach out to others. Your link to family, friends, and community is vital for your sense of well-being and belonging.

If you don't nurture the warm, loving relationships that still exist in your life, you will probably continue to feel disconnected and isolated. You may even withdraw into your own small world and grieve, but not mourn. Isolation can then become the barrier that keeps your grief from softening over time. You will begin to die while you

are still alive. Allow your friends and family to nurture you. Let them in and rejoice in the connection.

Caring for your social self

Following are just a few ideas to help you care for your social self during your journey through grief. What ideas can you think of?

- *Recognize that your friendships will probably change*

Mourners often tell me how surprised and hurt they feel when friends fall away after a death. “I found out who my friends really are,” they say. The best way for you to respond in the face of faltering friendships is to be proactive and honest. Even though you're the one who's grieving, you may need to be the one to phone your friends and keep in touch. When you talk to them, be honest. Tell them how you're really and truly feeling and that you appreciate their support. If you find that certain friends can't handle your “grief talk,” stick to lighter topics with them and lean more heavily on the friends who can.

- *Find a grief “buddy”*

Find a grief “buddy”—someone who is also mourning a death, someone you can talk to, someone who also needs a companion in grief right now. Make a pact with your grief buddy to call each other whenever one of you needs to talk. Promise to listen without judgment. Commit to spending time together. You might arrange to meet once a week for breakfast or lunch with your grief buddy.

Remember others who had a special relationship with the person who died. At times your appropriately inward focus will make you feel alone in your grief. But you're not alone. There are probably many other people who loved and miss the person who died. Think about others who were affected by

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Dr. Alan D. Wolfelt, con't.

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this death? Perhaps you could call her and offer your condolences. Or write and mail a brief supportive note. If you aren't a writer, give her a call or stop in for a visit.

The spiritual realm

When you are "torn apart," you may have many spiritual questions for which there are no easy answers: Is there a God? Why me? Will life ever be worth living again? That is why, if I could, I would encourage all of us where we are in the midst of grief to put down "Nurture my spirit" first on our daily to-do lists.

If you have doubt about your capacity to connect with God and the world around you, try to approach the world with the openness of a child. Embrace the pleasure that comes from the simple sights, smells, and sounds that greet your senses. You can and will find yourself rediscovering the essentials within your soul and the spirit of the world around you.

Nurturing a spiritual life invites you to connect with nature and the people around you. Your heart opens and your life takes on renewed meaning and purpose. You are filled with compassion for other people, particularly those who have come to know grief. You become kinder, more gentle, more forgiving of others as well as yourself.

Caring for your spiritual self

Following are just a few ideas to help you care for your spiritual self during your journey through grief. What ideas can you think of?

- *Creating a sacred mourning space*
Whether it is indoors or out, give yourself a place for spiritual contemplation. The word contemplate means "to create space for the divine to enter." Think of your space, if only a simple room, as a place dedicated exclusively to the

needs of the soul. Retreat to your space several times a week and honor your journey through grief.

- *Start each new day with a meditation or prayer*

Set the tone for your day by praying or meditating. Repeat a simple phrase or prayer to yourself, such as: "Today I will live and love fully. Today I will appreciate my life." You might also offer words of gratitude: "Thank you, God, for giving me this day. Help me to appreciate it and to make it count."

- *Organize a tree planting*

Trees represent the beauty, vibrancy and continuity of life. A specially planted and located tree can honor the person who died and serve as a perennial memorial. You might write a short ceremony for the tree planting. (Or ask another family member to write one.) Consider a personalized metal marker or sign, too.

- *Imagine the person who died in heaven*

If you believe in an afterlife, you may feel like you can still have a kind of spiritual relationship with the person who died. You may still talk to her in the hopes that she can somehow hear you. You may send him unspoken messages every night when you go to bed. There is nothing wrong with trying to communicate with this person now and always—as long as your focus on this continued relationship doesn't prevent you from interacting with and loving people who are still alive.

If you believe in heaven, close your eyes and imagine what it might be like. Imagine the person who died strong and smiling. Imagine her waving to you. And imagine your reunion with her when, one day, you come to join her.

by Alan D. Wolfelt, Ph.D.

In Memory of our Newly Discovered Angels

*Nugget Phillips
May 21, 2018*

*Alex Hernandez
July 2018*

*Baby Spaapen
July 20, 2018*

*Baby Girl Kelly
July 26, 2018*

*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.*

Annual Baby Steps Walk to Remember

For anyone touched by the loss of a precious baby, during pregnancy or anytime after birth.



- Date: Sunday October 14th
- Location: Alberta Legislature Grounds
- Time: Registration begins at 1 p.m.

For more information, updates and to register, visit -
www.walktoremember.com



We appreciate our Angel Whispers volunteers!

Thank you to our dedicated volunteers who contribute 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.

Can You Help?

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



Visit us on Facebook!

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

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

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

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.

Healing Opportunities

Understanding your Grief 6 week Workshop

Angel Whispers, in partnership with the Alberta Heartland Primary Care Network, is offering an 'Understanding Your Grief' 6-week workshop for anyone touched by the loss of a loved one.

Upcoming Dates TBA

- Location: Alberta Heartland Primary Care Network, 9821 108 St #206 Fort Saskatchewan
- Limited to 10 participants each session
- Facilitated by Lori-Ann Huot, Program Coordinator - Bereavement Services

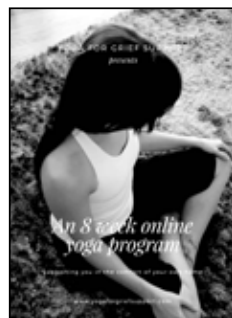
Topics include:

- 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) 997-0046.



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 YogaInstructor.

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

Healing Opportunities

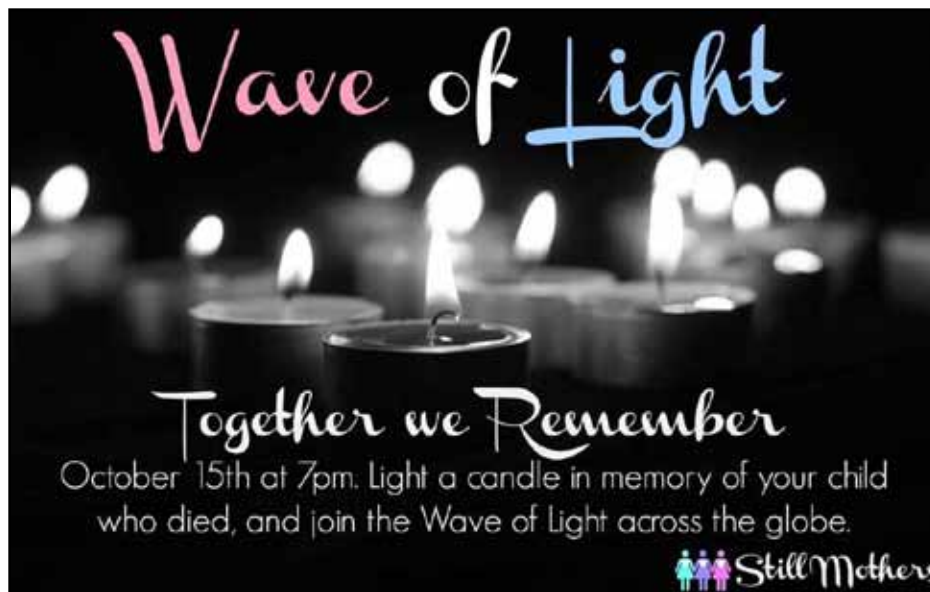
An Evening Honoring Our Babies

You are invited to join fellow Angel Whispers families to recognize Pregnancy & Infant Loss Awareness Day and witness the bridge lighting along with lighting our candles together at 7 p.m. to remember our babies for the Wave of Light.

- Date: Monday October 15, 2018
- Location: Kinsmen Park (at the base of the High Level Bridge on the south side of the North Saskatchewan River - by the Edmonton Huskies Football Club clubhouse)
- Time: 6:30pm-8:00pm

Please bring along a candle to light in memory of your sweet baby(ies).

Please contact Lori-Ann @ (780)998-5595 ext. 225 or by email angelwhispers@familiesfirstsociety.ca to register.



Pregnancy & Infant Loss Awareness Day

October 15th is recognized worldwide as Pregnancy & Infant Loss Awareness Day. Once again this year October 15th will be declared Pregnancy & Infant Loss Awareness Day in the Province of Alberta by the Provincial Government.

High Level Bridge Lighting

On the evening of October 15th, the High Level Bridge will be lit in pink, blue and white to honour our babies gone too soon.

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 at

cherylsr@pilgrimshospice.com or 780.413.9801 ext. #302.

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.

Rainbow Baby Birth Announcements

Oliver Asher Desi Fuhr

*Born on March 7, 2018 weighing 3 lbs. 6 oz.
to loving parents Nicole and Des.*

*Oliver's big brother Camden is watching over him
from above and
celebrating Oliver's safe arrival!*

Luke Henry Stenson

*Born on July 5, 2018 weighing 6 lbs. 8 oz.
to excited parents Livia and Clayton
and proud big brother Caleb.*

*Luke's big brother Nolan is watching over
him from above and celebrating his safe arrival!*

Ove Nelson White

*Born on August 28, 2018 weighing 9 lbs. 11 oz. to proud
parents Tanya and Quenton.*

*Ove was welcomed by his big siblings Hazel, Jude,
Charlize, Ira and Ruby.*

*Ove is watched over with love by his
siblings in heaven, Haven and 5
sweet little angels.*

Amaira Everly Spiderwick

*Born on September 10, 2018 weighing 7 lbs. 5 oz. to
proud parents Sharie and Corbin and excited
big brothers Rylan, Camden and Quinn.*

*Quinn's angel big brother Finndley is celebrating
with the angels!*

Emily Marie Jensen

*Born on September 23, 2018 weighing 6 lbs 1oz to
loving parents Amy and Dave.*

*Emily has a sibling in heaven watching over her
and celebrating her safe arrival.*

A huge thank you to Tara Needham of 'Happiness is You Photography' who has generously offered free photography sessions to our Angel Whispers families expecting a Rainbow Baby.

A few words from Tara..."My husband and I attended Angel Whispers very shortly after we lost our baby girl, Ella, in July 2004. We have since been blessed with three boys and life is full!

I have started a professional photography business focusing on newborns and families. I have always tried to think of a way to give to grieving families and I have found something that makes my heart sing.

I give free photography sessions to families that are expecting a Rainbow Baby. The session is valued at \$300.00 and the parents are responsible for purchasing whatever photos they want afterwards."

Tara's website is happinesisyoudphotography.com. You can contact Tara at: (780)916-3294 or by email happinesisyoudphotography@gmail.com.

Angel Whispers Funding

Did you know that Angel Whispers does not receive long term sustainable funding?

We rely heavily on fundraisers, donations, grants and community partnerships to sustain our services to grieving families! We are always looking for opportunities to raise much needed funds for the Angel Whispers Baby Loss Support Program!

Do you have a fundraising idea? Are you interested in volunteering your time to help plan upcoming fundraisers?

We are looking for volunteers to help organize upcoming events!

Contact:

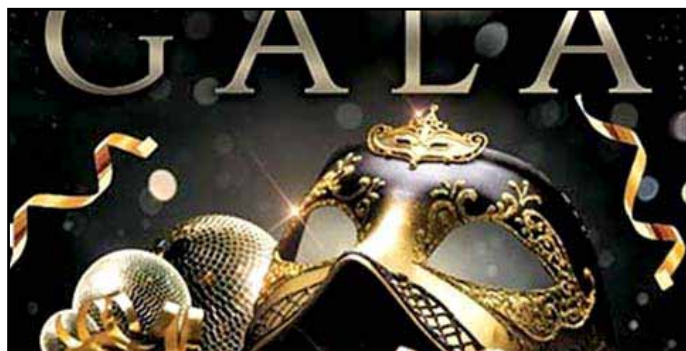
Lori-Ann, Program Coordinator @ (780) 998-5595 ext. 225
or Heather Boonstra, Families First Executive Director @ (780) 998-5595 ext. 223.

Thank you for your support!



Fund Raising Opportunities

Whispers of Hope Masquerade Gala Save the date: Friday, March 15, 2019



We have received approval for our upcoming Gala fundraiser! All proceeds will benefit the Angel Whispers Baby Loss Support Program! A HUGE Thank You to Straight-line Chrysler for offering to be a title sponsor for our Gala!

Angel Whispers is a non-funded program relying on fundraisers, donations, grants and community partnerships to sustain support and services to grieving families. Your support ensures that Angel Whispers is able to continue to provide hope and healing to families devastated by the loss of a baby.

Upcoming Meetings

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

Baby Loss Support Group - Open to any family that has been devastated by the loss of a baby to miscarriage, stillbirth or neonatal death. Sunday's from 6-8pm at Strathcona County FCSS Offices, 401 Festival Lane, Sherwood Park. Registration required.

- Sunday, October 14
- Sunday, November 4
- Sunday, December 9

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. Sunday's from 6-8pm at Families First Offices, 9901-90 St. Fort Saskatchewan. Registration required.

- Sunday, October 21
- Sunday, November 18
- Sunday, December 16

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. Sunday's from 3-5pm, contact Lori-Ann for meeting location. Registration required.

- Sunday, October 21
- Sunday, November 18
- Sunday, December 16

Healing Hands - Healing Hands is an afternoon devoted to creative healing. Registration required.

1-3pm at the Families First Office (9901-90 St. Fort Saskatchewan)

- Saturday, December 15

Rainbow Connection - These get togethers are open to any family that has had a baby born after experiencing a previous loss. They provide an opportunity for families to connect and share their joys and challenges in raising a Rainbow Baby while honoring, remembering and grieving for their angel baby.

12:30pm-2:30pm at our Families First Office (9901-90 St. Fort Saskatchewan)

- Tuesday, October 30
- Tuesday, November 27

CHARITY EVENT

Please Join Us

For an evening with light snacks, cocktails, raffles and door prizes.

All proceeds from the event will support the Angel Whispers Baby Loss Support Program, a program of the Fort Saskatchewan Families First Society.

Angel Whispers provides supports and programs to families who are grieving the loss of a baby during pregnancy or after birth.

SATURDAY OCTOBER 13th 2018

Suite 13, 9353 50 street NW Edmonton AB T6B 2L5

6pm Registration & Reception

7pm Presentation

8:30pm Door Prizes & Raffle

For tickets or additional information please contact:

Sarah Stalzer 780.920.1758 or Alex Bombino 780.819.3834
senfinancialinc@gmail.com

FUNDRAISING for



Families First Society
FORT SASKATCHEWAN

Thank You!

A **HUGE** Thank You to the following companies, businesses, agencies, community partners and individuals for their generous support of the Angel Whispers Baby Loss Support Program over the past several years! Your support allows Angel Whispers to continue to provide hope and healing to families devastated by the loss of a baby.

“Giving is not just about making a donation, it’s about making a difference”

~ Kathy Calvin



- To Cheryl and Simon Budziszyn for selecting Angel Whispers and the Stollery Children’s Hospital as beneficiaries of Emily’s Legacy Bike Tour that was held on September 15, 2018. Altogether, the participants of this year’s bike ride raised \$1740. ***Combined with the silent auction, Emily’s Legacy Bike Tour brought in a total of \$3465!*** (\$1927.50 for Angel Whispers and \$1537.50 for Stollery Children’s Hospital Foundation).

Thank you to everyone for your support! We look forward to next year’s Emily’s Legacy Bike Tour!

- To DOW Canada for the donation towards our Angel Whispers Care Packages and Resource Library!
- To Brandt Taylor for donating his birthday money to Angel Whispers in memory of his brother Kayden!
- To Dave Johnson (Rosie’s Grandpa) for donating the balloons for our recent Angel Whispers Picnic & Balloon Release!
- To Mandy at Fort Cinemas for the generous donation to Families First that will benefit the Angel Whispers Baby Loss Support Program!
- To the speakers at our recent Healing Hearts Grief Retreat: Sandy Ayre, Deeanne Riendeau, Kristina Zuk, Lynn Sutankayo and Ashley Yachimec
- 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 we recently received 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 Brenda Chmilar and the Kalyna County Quilters for the generous donation of quilts for our Rainbow babies!
- 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!***



International Wave of Light

At 7 p.m. in every time zone around the world, those that have been touched by the loss of a baby are encouraged to light a candle in memory of their precious baby and keep the candle lit for an hour. As each time zone worldwide does this, the idea is that it creates a wave of light to honour these sweet babies that we hold in our hearts instead of our arms.





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
- birth certificate 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. Sunday's from **6-8 p.m.** at Strathcona County FCSS Offices, 401 Festival Lane, Sherwood Park. Registration required.

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Miscarriage Support Group

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- Sunday, October 21
- Sunday, November 18
- Sunday, December 16



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

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>