

Angel Whispers

WINTER, 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

Holiday Wishes to our Angel Whispers Families,

It's the time of year that many bereaved parents approach with anxiety and reservation...Christmas time. A significant holiday and milestone that is difficult when you are grieving the loss of your precious baby. A time of year where everywhere you look there are happy people celebrating and a societal expectation that you put aside your sadness and heartache and join in the celebrations.

Even the Christmas Carols that are played on the radio and in retail stores reinforce this. The popular Christmas carol "It's the Most Wonderful Time of the Year" by Andy Williams summarizes this expectation well...

*It's the most wonderful time of the year
With the kids jingle belling
And everyone telling you be of good
cheer
It's the most wonderful time of the year
It's the hap-happiest season of all
With those holiday greetings and gay
happy meetings
When friends come to call
It's the hap-happiest season of all*

When you are grieving the loss of a baby, especially if your loss is recent and this is the first or second Christmas without your baby, it's difficult to feel and express this Christmas spirit. When you lose a baby, you grieve for your child along with the lost hopes and dreams for the future with your child. Experiences that you likely imagined when you first found out you were pregnant and sometimes even before conception.

Every parent has anticipated celebrating Christmas (or other faith based tradi-

tions and celebrations) with their child. Experiences like babies first Christmas, Santa photos, and the excitement and awe that children express on Christmas morning are all memories that are denied from parents that have lost a child.

Be gentle with yourself this holiday season and give yourself permission to feel and do whatever feels right to you. It is okay to change traditions or skip Christmas altogether. Well intentioned family and friends may encourage you to keep busy and join them in holiday celebrations thinking it will help you, however, inherently your heart may be encouraging you to retreat and escape the Christmas chaos and expectations.

Understanding family and friends will support your choices no matter what they are. If you feel like celebrating, then celebrate. If you feel like taking a vacation and leaving the hustle and bustle of the holidays then take a vacation. Whatever you do, try not to feel any guilt about your decision. If you decide to celebrate the holidays you are in no way dishonouring your baby; if you decide to skip Christmas you are doing what is best for you and shouldn't feel bad or guilty about letting others down.

This winter newsletter edition is filled with ideas for coping, getting through the holidays and helping you to heal your grieving heart. You will also find ideas for honouring your sweet baby this Christmas. Finding meaningful ways to honour the memory of you baby will help to ease the sadness and heartache you feel. To honour my babies, Loren and Brooklynn at Christmas we set up our Angel Tree with orna-

Continued on page 2

Continued from page 1

ments that we add every year for our babies. Setting up this tree brings comfort to our grieving hearts at Christmas.

Wishing you a gentle holiday season filled with peace, hope, and the love and support of understanding family and friends.

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*

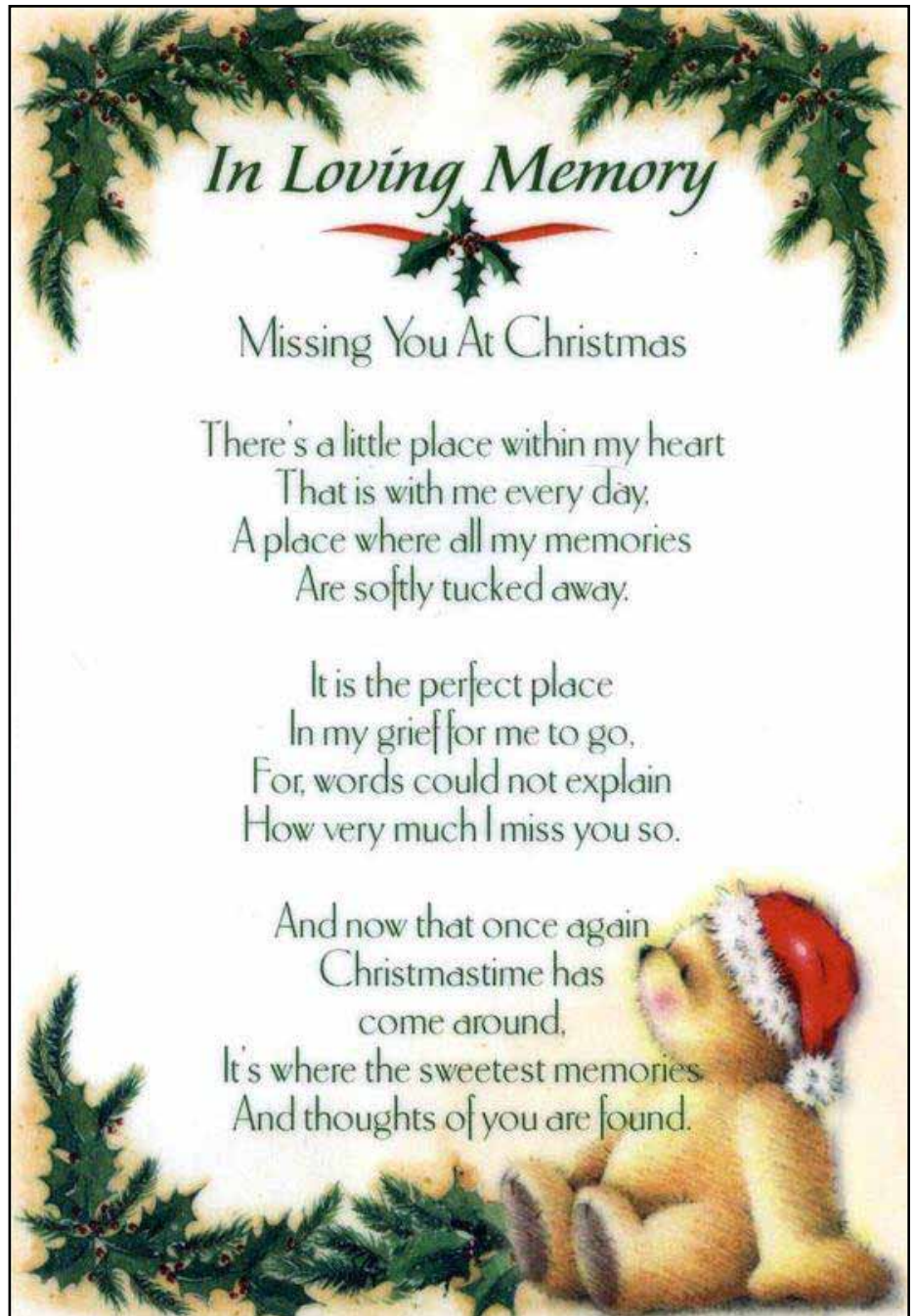


We appreciate our Angel Whispers volunteers!

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.



Angel Whispers accepts donations.

A \$10 donation will sponsor a carepackage 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.

Helping Yourself Heal During the Holiday Season

by Alan D. Wolfelt, Ph.D.

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

Love Does Not End With Death

Since love does not end with death, holidays may result in a renewed sense of personal grief—a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this article, remember that by being tolerant and compassionate with yourself, you will continue to heal.

Talk About Your Grief

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away and talking about it openly often makes you feel better. Find caring friends and relatives who will listen—without judging you. They will help make you feel understood.

Be tolerant of Your Physical and Psychological Limits

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

Eliminate Unnecessary Stress

You may already feel stressed, so don't overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.

Be With Supportive, Comforting People

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings—both happy and sad.

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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/>.

Dr. Alan D. Wolfelt, con't.

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Talk About the Person Who Has Died

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

Do What Is Right for You During the Holidays

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what you want to do. Discuss your wishes with a caring, trusted friend.

Talking about these wishes will help you clarify what it is you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

Plan Ahead for Family Gatherings

Decide which family traditions you want to continue and which new ones you would like to begin. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off guard can create feelings of panic, fear and anxiety during the time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

Embrace Your Treasure of Memories

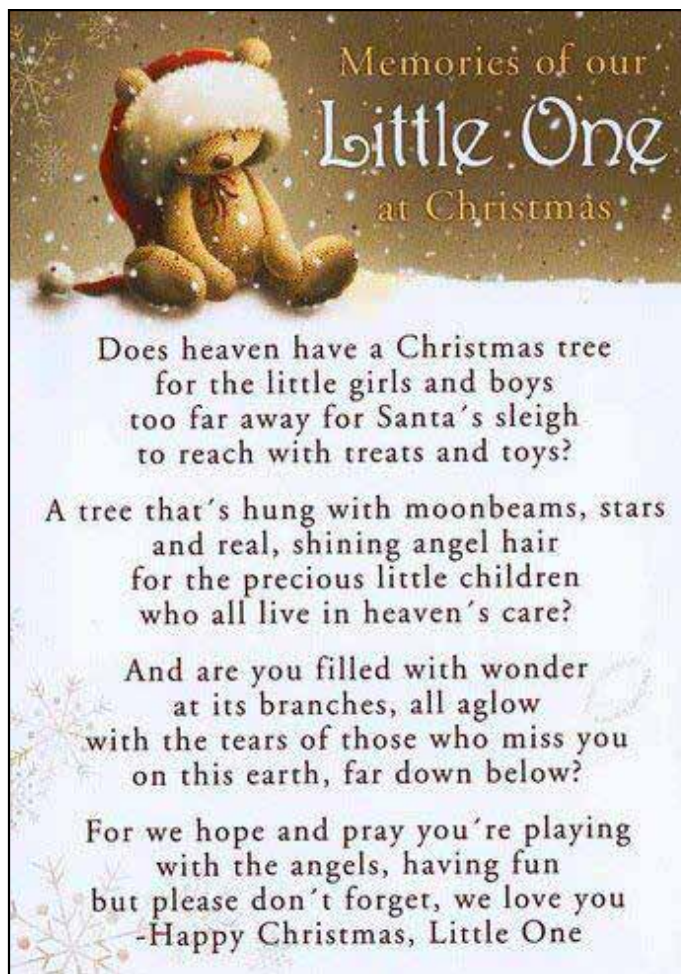
Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's alright to cry. Memories that were made in love-no one can ever take them away from you.

Renew Your Resources for Living

Spend time thinking about the meaning and purpose of your life. The death of someone loved created opportunities for taking inventory of your life-past, present and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

Express Your Faith

During the holidays, you may find a renewed sense of



faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is important, you may want to attend a holiday service or special religious ceremony. As you approach the holidays, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.

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In Memory of our Newly Discovered Angels

*Weston Boere
May 20, 2018*

*Remy Scott
September 15, 2018*

*Jack Johnson
September 22, 2018*

*All angels can be found on our
website at*

***www.angelwhispers.ca/angelwhis-
pers***

*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.*

Jar of Celebration

1. Pick a start date.
2. Think of memories or anything that brings comfort of your time with your angel baby whether it was during your pregnancy or the time spent with them. This can be in the form of a written sentiment, a poem, pictures, things that happened during this time that you may not have gotten to experience otherwise. Be creative! Encourage everyone in the home to participate, friends and family may have special moments to add as well.
3. Each day add something to the jar. It can be written, physical items, anything that defines this special piece of your lives.
4. Pick the day that you are going open the jar. This may be Christmas or the Birthday of your angel baby, or to start off the New Year.
5. Choose who you'd like to have around when you go through your treasure of precious memories and moments.

I hope that this brings you and your loved ones the gift of many memories and comfort over the Holidays knowing how loved and honoured your angel baby is.

*In memory of
Logan Laye*

Kayla Cavaliere
Justin Laye



Handling the Holidays

By Therese Rando, Ph.D.

One of the most painful issues for you to deal with is how to survive the holidays after the death of the person you love. Because holidays are supposed to be family times, and because of the extraordinary (although unrealistic) expectation that you should feel close to everyone, this time of year can underscore the absence of your deceased loved one more than any other time. The important thing to remember is that you and your family do have options about how to cope with the holidays. These are a few things to keep in mind:

- As much as you'd like to skip from November to January 2nd, this is impossible. Therefore, it will be wise for you to take control of the situation by facing it squarely and planning for what you do and do not want to do to get through this time.
- Realize that the anticipation of pain at the holidays is always worse than the actual day.
- Recognize that what you decide for this year can be changed next year; you can move to something new or back to the old way. Decide what is right for, you and your family now. Don't worry about all the other holidays to come in years ahead. You will be at different places in your mourning and in your life then.
- Recognize, also, that your distress about the holidays is normal. It doesn't make you a bad person. Countless other bereaved people have felt, and do feel, as you do right now.
- Ask yourself and your loved ones to decide what is important for you to make your holidays meaningful and bearable. Then, through compromise and negotiation, see

if everyone can get a little of what he or she wants and needs Give-and-take is important here.

- Do something symbolic. Think about including rituals that can appropriately symbolize your memory of your loved one. For example, a candle burning at Thanksgiving dinner, the hanging of a special Christmas ornament, or the planting of a tree on New Years Day may help you to mark the continued abstract presence of your deceased loved one while still celebrating the holiday with those you love who still survive. Remembering your deceased loved one in this fashion can make an important statement to yourself and others.
- Recognize that the holidays are filled with unrealistic expectations for intimacy, closeness, relaxation, and joy for all people—not just for the bereaved. Try not to buy into this for yourself—you already have enough to contend with.
- Be aware of the pressures, demands, depression, increased alcohol intake, and fatigue that comes with holidays. As a bereaved person you may feel these more than others. Take time out to take care for yourself during this time. You will need it even more.
- Re-evaluate family traditions. Ask yourself and your surviving loved ones whether you need to carry them on this year or whether you should begin to develop some new ones. Perhaps you can alter your traditions slightly so that you can still have them to a certain extent but don't have to highlight your loved one's absence more than it already is. For example, open presents on Christmas Eve instead

of Christmas morning.

- Recognize that your loved one's absence will cause pain no matter what you do. This is only natural and right. After all, you are mourning because you love and miss this person. Try to mix this with your love for those you still have and your positive memories of the past. "Bittersweet" is a good word to describe this. You can feel the sweetness of the holiday but also the bitterness of your loved one's absence. Together they can give you a full, rich feeling, marked with love for those present and those gone whom you will never forget.
- Plan ahead for your shopping tasks. Make a list ahead of time. Then, if you have a good day, capitalize on it and do the shopping you can. Try to consolidate the stores you want to visit. If you have trouble with shopping right now, do your shopping by catalog or mail order, or ask friends to help you out.
- Tears and sadness do not have to ruin the entire holiday for you or for others. In yourself have the cry you need and you will be surprised that you can go on again until the next time you need to release the tears. Facing family holidays in your loved ones absence are normal mourning experiences and part of the healing process. Let your tears and sadness come and go throughout the whole day if necessary. The tears and emotions you do not express will be the ones which are destructive to you.
- Ask for what you want or need from others during the holidays.

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One bereaved mother said that, as appropriate, she wanted to hear her dead daughter mentioned. She knew everyone was thinking of her daughter and wanted them to share their thoughts.

- You may find yourself reminiscing about other holidays you shared with your deceased loved one. This is normal. Let the memories come. Talk about them. This is part of mourning and doesn't stop just because it is a holiday. In fact, the holidays usually intensify it.
-
- Having some fun at the holidays does not mean you don't miss your loved one. It is not a betrayal. You must give yourself permission to have fun when you can, just like you must give yourself permission to mourn when you have the need.
-
- You may have to let your limits be known to concerned others who are determined not to let you be sad or alone. Let others know what you need and how they can best help you. Don't be forced

into doing things you don't want to do or don't feel up to solely to keep others happy. Determine what and how much you need, and then inform others.

- Discuss holiday tasks and responsibilities that must be attended to—for example, preparing the meals, doing the shopping, decorating the house. Consider whether they should be continued, reassigned, shared, or eliminated.
- Break down your goals into small, manageable pieces that you can accomplish one at a time. Don't overwhelm or over-commit yourself. The holidays are stressful times for everyone, not just the bereaved, so you will need to take it slow and easy. Look at your plans and ask what they indicate. Are you doing what you want or are you placating others? Are you isolating yourself from support or are you tapping into your resources? Are you doing things that are meaningful or are you just doing things?
- Do something for someone else. Although you may feel deprived

because of the loss of your loved one, reaching out to another can bring you some measure of fulfillment. For example, give a donation in your loved one's name. Invite a guest to share your festivities. Give food to a needy family for Thanksgiving dinner.

Taken from Therese A. Rando, How To Go on Living When Someone You Love Dies. New York: Bantam Books, 1991, pp 289-292. — with Janeil Bennett.

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.

Suggestions for Honouring Your Baby at Christmas and Throughout The Year

A positive way of coping with your loss through the holiday season is to recognize your baby in a very tangible and meaningful way. Listed below are several ways to honour your baby's memory during the holidays and beyond:

1. Hang a special tree ornament with your baby's name on it.
2. Hang a stocking on the mantle and fill it with notes from the family including thoughts and feelings about your baby during the holidays.
3. Create a scrapbook in memory of your baby.
4. Contact us and we will make a special birth certificate in memory of your baby.
5. Purchase a gift for your baby and donate it in his/her memory to your local women's shelter, NICU or your other favorite charity.
6. Attend a special Christmas memorial service for families who are grieving during the holidays—more information is listed on our website and in this newsletter. Many services provide special ornaments memorializing your loved one.
7. Plant an apple tree or flowering shrub in the spring for your yard that will bloom every year.
8. Purchase a yard ornament to place under that tree or shrub.
9. Donate a book to Angel Whispers in memory of your baby, to assist other grieving parents. We will place a name plate in the front of the book as a tribute to your baby.
10. Have a special stepping stone made for your garden in memory of your baby.
11. Buy yourself a special Christmas present available at most gift shops: an angel pin with your baby's birth stone.
12. Make a donation to Angel Whispers or your favourite charity in memory of your baby.



Websites with valuable information on coping with the holidays after the loss of a baby:

- <https://www.tommys.org/our-organisation/about-us/charity-news/coping-christmas-when-you-have-lost-baby>
- <http://www.bearsofhope.org.au/a/207.html>
- https://www.huffpost.com/entry/five-ways-to-help-those-r_b_6234396
- <http://facesofloss.com/real-advice/surviving-the-holidays>
- <https://www.seleni.org/advice-support/2018/3/20/coping-with-perinatal-loss-during-the-holidays>
- <https://www.sands.org.uk/copingatchristmas>

Healing Opportunities

Angel Whispers Annual Christmas Healing Hands Workshop

December 15th, 2018 - 1-3pm
Families First Office
9901-90St.
Fort Saskatchewan

You are invited to join us to make a Christmas ornament in memory of your baby. An opportunity for our families to come together at Christmas to share and honour their precious babies. Families are welcome to attend.

Please RSVP to Lori-Ann with the #'s of adults and children that will be attending, along with the children's ages as we have childcare arranged for the children and need to ensure proper childcare: children ratio - angelwhispers@familiesfirstsociety.ca



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.



Candle Light nondenominational Service December 20 at 7:30 p.m.

This year once again and hopefully in coming years our Candle Light service will be held at Our Savior Lutheran Church 18345 62B Ave N.W.

Before the busy Christmas season begins, ParentCare offers each of you an opportunity to pause and remember the babies that live on in our hearts.

If you would like to attend the service please call the answering service at 780 989 5040 before December 14th and leave the name(s) and colour (white, blue or pink) of candle for your baby (ies) to be remembered or email this information to Patti at: Patti.Walker@ahs.ca or Claire at cnlefeb@telusplanet.net

The ParentCare remembrance calendar and photo album will be available at the service. In the calendar you are invited to enter your baby's special date. At each meeting the special dates and names for that month are read out. For the ParentCare photo remembrance album, you are invited (if you wish) to contribute a page (es) in the memory of your baby. These maybe duplicates of photos, poems, letters or any other memento you may wish to include.

Following the service, there will be an informal reception. For this a small amount of baking would be appreciated.

ParentCare is unfunded and is therefore in need of funds for the monthly telephone expenditures and new books. Any donation will be greatly appreciated. There will be a donation box at the entrance.

We have jelly bracelets (remembering our losses), a baby book, baby angel pins, and other memorial items. These items are available for a minimal cost. Should you be interested in purchasing a book in memory of your baby, please fill out the following information and speak to Patti re cost

- Name Of Donor
- In Memory Of: (This information will be placed on the inside of the book sponsored)

As many of the books that we loan out have been donated in memory of a precious baby, please check your books to see if by any chance you have forgotten to return a ParentCare book and if so, please bring it with you to the candle service or call the answering service as to where it can be dropped off.

ParentCare meets on the 3rd Thursday of the month, at 7:30 in the Mother Rosalee Center 16930 -87 Ave (southernmost wing of the Misericordia hospital) If you have any questions please leave your inquiry, name and telephone number with the answering service and we will get back to you as soon as possible.

The ParentCare web site is: www.parent-care.ca and E mail is. support@parentcare.ca.

Healing Opportunities

Shadow Box Workshop



Offered by: Unique Creations by Chelsey
Date: TBA (early in 2019)
Cost: \$10 per person
Location: Families First Offices (9901-90 St.)

You are invited to join other Angel Whispers families to create a beautiful keepsake shadow box in memory of our precious babies.

Keep posted to Facebook and our Angel Whispers website - www.angelwhispers@familiesfirstsociety.ca for more details and a date to be announced 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.

Park Memorial Funeral Home presents...Join Us For A Full Day of Practical Grief Support

Date: Saturday, January 26, 2019

For those walking the road of grief and loss, the holidays are a mix of emotion and remembrance. Sadness mingles with joy. Laughter mingles with tears. And then comes the silence of January and the new year looming ahead.

On January 26, 2019, as resolutions are being set and the community swirls into making the most of a new year, Park Memorial will host Finding Grace in Grief --- a full day of practical grief support. Our hope is that, through this day of education and inspiration, grief and its silence will be broken by the voices and kindness of others on their own journeys. Our community is what helps make us strong together. We hope you will join us in our community of support.



For more information and tickets visit - <https://mailchi.mp/30f8e39e76d5/findinggraceingrief>

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:

- Thursdays from 6-8 p.m.
- April 4 - May 9
- 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

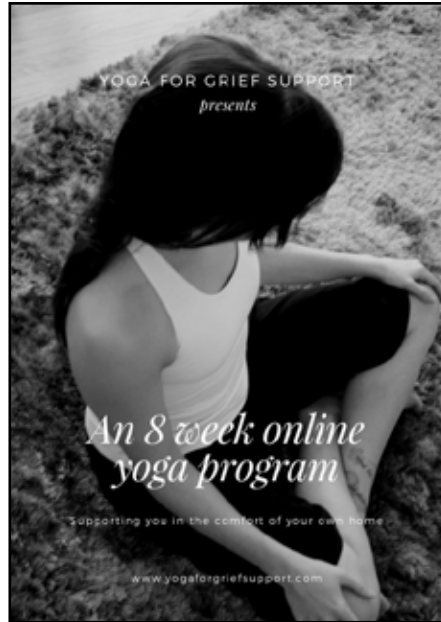
Topics include:

- 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

Christmas trees are popping up all over town
Once again my heart is torn, I start to feel down
Those trees remind me of the baby I am missing
Chubby little cheeks, a head I should be kissing
My heart is tied in knots, my stomach is quite queasy
Anxiety grips me now, I feel tired, lost, uneasy
I think of all the fun, the time of celebration
The massive Christmas meal and all the kids elation
The family together and the not so empty chairs
The space that is created by my large invisible tears
The silence that is louder than the festive laughs and banter
Feeling I'm the only one who remembers that she matters
Being in a crowded room, overcome with isolation
Wanting to hear her name with urgent desperation
Avoiding a conversation that no one wants to hear
Having to bite my tongue to save the Christmas cheer
I want to let you know Christmas, for me, is an ordeal
Giving me time to grieve would be more than just ideal
Acknowledge I'm not feeling Christmas joy like you
It wouldn't hurt to hear you say you missed my baby too
Forgive me if you could for being kinda grumpy
The lead up to Christmas for me, is emotionally bumpy

Rainbow Baby Birth Announcements

Rose Nav Kaur Scheie

*Born on September 20, 2018 weighing 5lbs 14oz
to loving parents Nav and Ryan.
Rose's big brother Jayden is watching over her from
above and celebrating Rose's safe arrival!*

Emily Marie Jensen

*Born on September 23, 2018 weighing 6lbs 1oz
to proud parents Amy and Dave.
Emily is watched over with love by her sibling in heaven!*

Samuel Johan Oraa

*Born on October 2, 2018 weighing 7lbs 12oz
to excited parents Judy and Jude.
Samuel is watched over and protected by his big brother
in heaven, Emmanuel.*

Zachary Reeves Brown

*Born on November 29, 2018 weighing 6lbs 10oz
to loving parents Niki and Mike.
Zachary's big sister Rebecca is celebrating
with the angels.*

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.

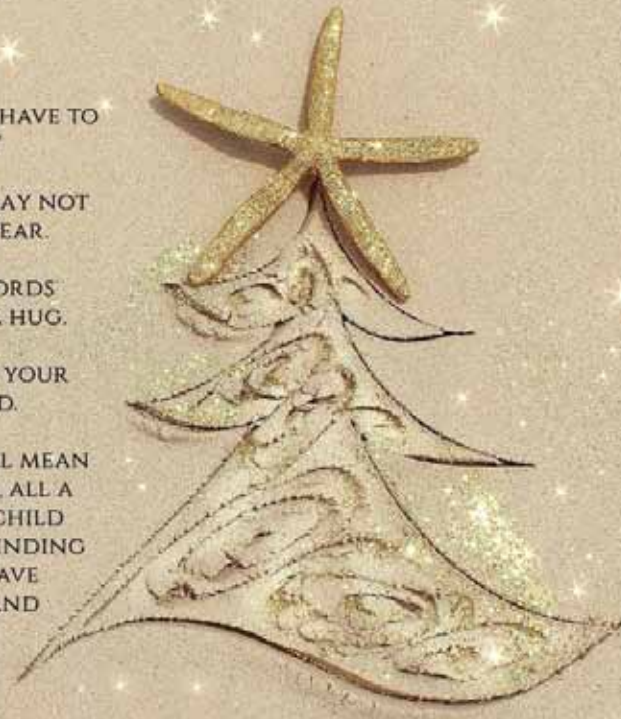
*Easy ways to comfort a bereaved parent
this Holiday Season*

1. INCLUDE THEIR CHILD'S NAME ON A CARD. ALL YOU HAVE TO WRITE IS "REMEMBERING _____ WITH YOU"
2. BE A GORGEOUS FRIEND AND ACCEPT THAT THEY MAY NOT BE ABLE TO ATTEND THE CHRISTMAS LUNCH THIS YEAR.
3. YOU DO NOT HAVE TO FIND WISE OR PROFOUND WORDS OF ADVICE TO SAY. JUST BE THERE AND GIVE THEM A HUG.
4. GIVE TO A CHARITY THAT YOU KNOW IS CLOSE TO YOUR LOVED ONE'S HEART IN MEMORY OF THEIR CHILD.
5. BE BRAVE AND SPEAK THEIR CHILD'S NAME. THIS WILL MEAN THE WORLD TO YOUR FRIEND. SO MUCH OF THE TIME, ALL A BEREAVED PARENT WANTS TO KNOW IS THAT THEIR CHILD IS REMEMBERED BY OTHERS. DON'T BE AFRAID OF REMINDING THEM THAT THEIR CHILD DIED. TRUST ME, THEY HAVE NOT FORGOTTEN. IF TEARS COME, LET THEM CRY AND

give them another hug!

WITH HEART,
Carly Marie

WWW.CARLYMARIEPROJECTHEAL.COM



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, January 6, 2019
- Sunday, February 3, 2019
- Sunday, March 3, 2019

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, January 13, 2019
- Sunday, February 10, 2019
- Sunday, March 10, 2019

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, January 13, 2019
- Sunday, February 10, 2019
- Sunday, March 10, 2019

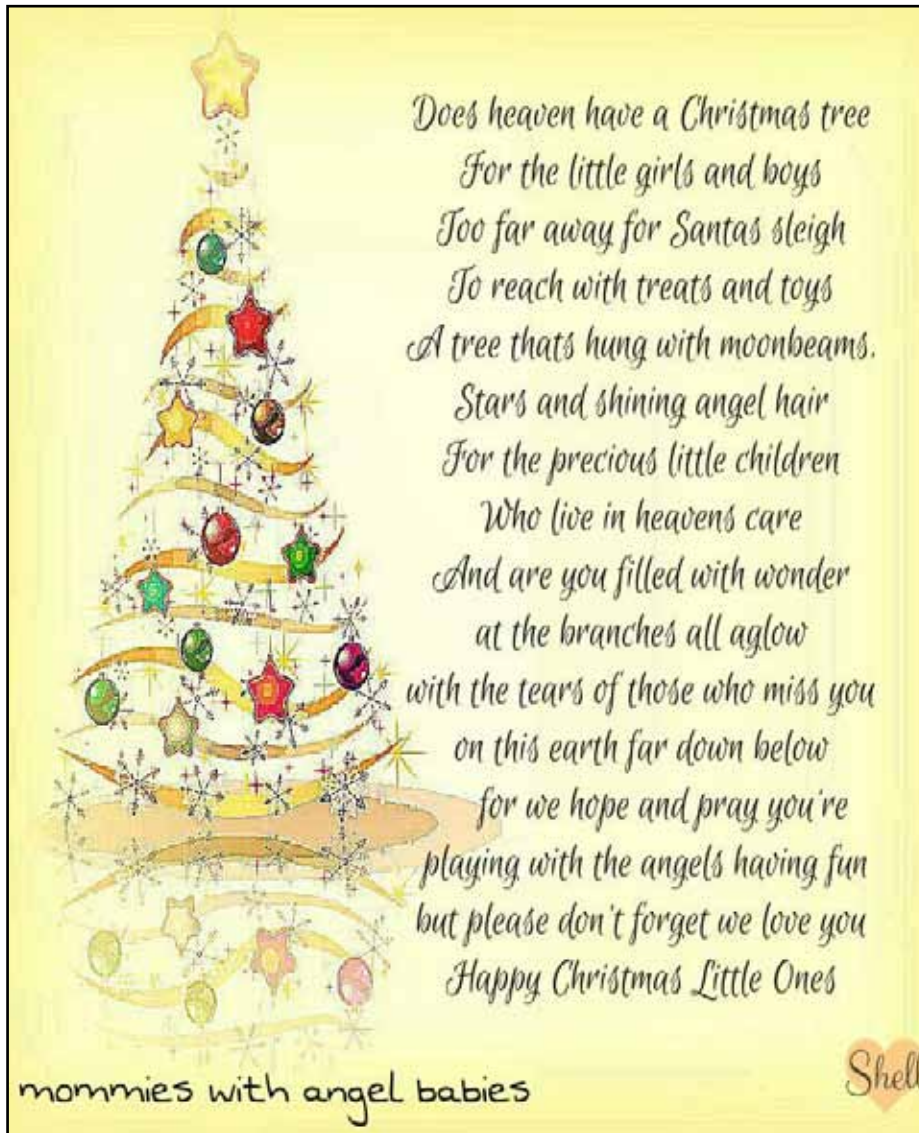
Healing Hands - Healing Hands is an afternoon devoted to creative healing. Registration required.

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

- Saturday, March 23, 2019

Rainbow Connection - These get together 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 (9901-90St. Fort Saskatchewan)

- Tuesday, January 29, 2019
- Tuesday, February 26, 2019
- Tuesday, Tuesday, March 19, 2019



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 Sarah Stalzer and Alex Bombino for hosting an incredibly successful fundraiser in partnership with World Financial Group on October 13, 2018. \$4135 was raised at the fundraiser! We are waiting on word from WFG as to the amount that will be matched, potentially taking the total amount raised at the fundraiser to over \$8000! Thank you to everyone who donated and attended the fundraiser for your support!
- To D O W Canada for the donation towards our Angel Whispers Care Packages and Resource Library!
- To Christine & Guy Baines for the generous donation made in memory of their nephew Nicholas Craig Applin. They included this touching message with their donation - *"This donation is made to honor our nephew, Nicholas Craig Applin, born October 28th, 2002. He would have turned 16 yesterday, the teenage rite of passage to try for his driver's license. It is so hard to believe that so much time has gone by. We honor him by donating because Angel whispers not only helped Nicholas' parents cope with him getting his wings but also his family. We appreciate the important work and support that is offered to families experiencing loss. Thank you for being there!"*
- 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 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 of our Angel Whispers volunteers who are helping to plan our Whispers of Hope Gala!
- To Straightline Chrysler for their generous offer to be the Title Sponsor for the Whispers of Hope Gala and for all their help in planning our fundraiser!
- To DOW Canada for the \$500 grant and to Angel Whispers mom Crystle Stadey, an employee of DOW for choosing Angel Whispers as her charity of choice for this grant!
- To Strathcona County’s Fund it Forward for the recent \$500 donation!
- ***To all our Angel Whispers volunteers!***

Angel Whispers accepts donations.

A \$10 donation will sponsor a carepackage 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.

Fund Raising Opportunities

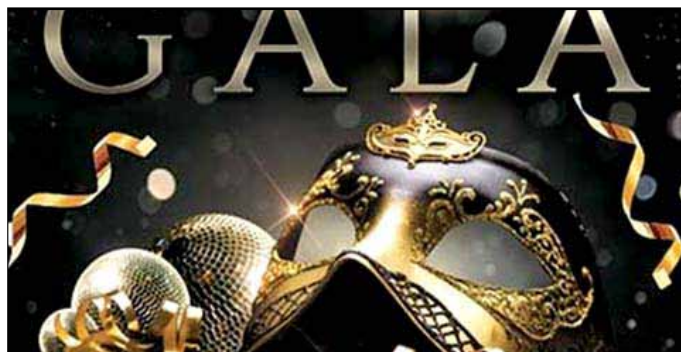
Whispers of Hope Masquerade Gala

Friday, March 15, 2019

Time: Doors open at 6:30pm, Gala starts at 7:00pm

Location: Spark Centre - #116 2257 Premier Way, Sherwood Park, AB

All proceeds will benefit the Angel Whispers Baby Loss Support Program! A HUGE Thank You to Straightline Chrysler for offering to be a title sponsor for our Gala!



Join us for an evening of music, appetizers and raising money for the Angel Whispers Baby Loss Support Program.

- Silent Auction,
- Live Auction
- 50/50

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.

heART Paint Café benefiting the Angel Whispers Baby Loss Support Program

Date: Friday, May 3, 2019

Time: 6:00-9:00pm

Artist/Instructor: Karen Clair

Location: Common Ground Community Café - #150, 161 Festival Way, Sherwood Park

heART Paint Café - In our ongoing commitment to give back to the community, join us for heART Paint Café and make a difference for charities in our region. You will enjoy a fun-filled evening with friends at Common Ground Community Café creating a beautiful painting or craft to take home. Thirty per cent of the registration proceeds from heART Paint events are donated to the organization.

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 and 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!



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.

- Sunday, January 6, 2019
- Sunday, February 3, 2019
- Sunday, March 3, 2019

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 **6-8 p.m.** at Families First Offices, 9901-90 St. Fort Saskatchewan. Registration required.

- Sunday, January 13, 2019
- Sunday, February 10, 2019
- Sunday, March 10, 2019



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>