

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)974-7054.

You can also reach us by
email at
[angelwhispersbabyloss@
gmail.com](mailto:angelwhispersbabyloss@gmail.com)
or visit our website at
[www.angelwhispers.ca/
angelwhispers](http://www.angelwhispers.ca/angelwhispers)



Families First Society
FORT SASKATCHEWAN

angelwhispersbabyloss@gmail.com

#thisisourvillage

Warm spring wishes to our Angel Whispers families,

Today marks Daylight savings time for us where I live, a time of year when we 'spring forward' and move our clocks ahead by an hour. Just that one hour can make a huge difference to an individual's internal clock and can wreak havoc with sleep schedules.

Change is hard for many people and even though the intention of Daylight Savings time is to help us to experience the perception of longer daylight hours many people feel that it would be best to maintain a constant time throughout the year and do away with Daylight Savings all together so there is no need to forward our clock ahead in spring a turn our clocks back in the fall.

Change is something we experience with each approaching season, and March marks a change in another season as we leave winter behind and welcome Spring. Spring is like the dawn of a new day and the promise of a fresh start. Spring provides hope and relief from the dreariness that can often accompany a long cold winter.

The journey through grief can be much like the seasons; our early days of grief can often feel like the long, dark days of winter

and just when you think that the snow is beginning to melt and soon the flowers should be in bloom, we can be struck with what we refer to as a 'grief burst' which is like that spring snowstorm, making us question if 'winter' will ever be gone. As the early days of our acute grief pass, we often experience small glimmers of hope that there are brighter days ahead, much like the hope we feel as we approach spring with the promise of the warm, sunny days of summer right around the corner.



The emotions you experience when you grieve will cycle like the seasons; grief is not a linear process, you don't experience 'stages' or 'seasons' always in a predicable and orderly fashion.

The seasons repeat themselves, and with time the emotions will soften much like your tolerance to winter. You accept that this is your reality and find that 'new normal'. You expect those seasons to cycle and know that at any time the weather can change unexpectedly which triggers those 'grief bursts' we journey through intensifying our grief responses.

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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 may 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. Rather than experiencing the acute grief of the early days after our loss, we learn to live our lives alongside the grief and experience more of an integrated grief.

A part of our grief is grieving the change that comes along with our loss. The change of lost hopes and dreams, the change to our plans for the future, the change of what we have within our control. Change is defined by the Merriam dictionary as: "*change implies making an essential difference often amounting to a loss of original identity*". We experience what we refer to as secondary losses resulting from our primary loss, one of the most significant secondary losses is the loss of our identity...who are we now without our baby? Part of our grief journey requires us to adjust to the new reality and the change from what we anticipated.

This newsletter edition focuses on the topic of the seasons of grief and change. Appropriate as we face the start of a new season but also because this newsletter marks the end of one Angel Whispers era in preparation for a new era and an upcoming change.

Angel Whispers has been a program of the Fort Saskatchewan Families First Society for 13 years, and in that time we have been hopeful that we could secure long term sustainable funding to guarantee the future of Angel Whispers and our bereavement program, however that hasn't been the case.

Recently the Families First Board of Directors made the difficult decision to cut the bereavement program as they can no longer sustain a non-funded program and my position as Bereavement Services Program Coordinator is being eliminated. My full time position with Families First Society ends on June 4, 2021 after 10.5 yrs in my current position.



Bereavement services, along with the Angel Whispers Baby Loss Support Program, will then be offered through my personal business, **Hope and Healing Grief Support Services** and I will contract those services to the Families First Society. We have been able to offer our programs and supports to families at no cost, with the exception of our annual grief retreat

and our healing hands workshops. After June 4th, there will be a minimal cost for one on one counselling. For individuals with financial barriers, we can apply for a subsidy to help cover this cost. Our monthly support group meetings will still be offered at no cost and will change format to become a parent to parent support group, facilitated by Angel Whispers parents who have experienced the loss of a baby. If you are interested in being a parent to parent connector, please contact me at (780)974-7054 or through email angelwhispersbabyloss@gmail.com

So as I grieve the loss of my position as Bereavement Services Program Coordinator with Families First Society and prepare to embrace the changes

yet to come for the Angel Whispers Baby Loss Support Program, I do so with a grateful heart for all the opportunities Angel Whispers has been given as a result of being with such an incredible agency for so many years. I am also wanting to offer all our Angel Whispers families reassurance that even though future programming may look a bit different that I am committed to ensuring our families are cared for and supported as they grieve the loss of their precious babies.

Thank you to each of you for sharing your grief journeys with Angel Whispers throughout the past 19 years. My hope is that we have been able to bring you the much needed comfort and support you deserved and helped to remove any burdens of loneliness you have felt during your grief. Our summer newsletter will provide updates on some of the changes Angel Whispers faces as

Dragonfly

Having flown the earth for 300 million years, dragonflies symbolize our ability to overcome times of hardship. They can remind us to take time to reconnect with our own strength, courage and happiness.



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we move forward. And even though change is hard, we will look ahead with hope for the changing seasons we will face together!

May the change in season, the longer days and extra sunshine bring light to the darkness you may be feeling right now. 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) 974-7054
angelwhispersbabyloss@gmail.com



Angel Whispers is a non-denominational program. 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)974-7054.

Mama's Little Gem

Everyday I wish I had more time with in this life.
Everyday I wish I got to feel your soft little fingers squeeze mine.
Everyday I wish I could have felt your heartbeat on mine.
Everyday I wish you were in my arms to hear your little cries.
Everyday I wish I could have watched you sleep and wished you sweet dreams.
Today all I remember of you, hands crossed praying for Mom.
Everyday I know now. I will never kiss your sweet face,
hear your little cries or feel your heartbeat on mine.
Now you're just an angel watching over Mom.
All I have is ashes of you.
Everyday I miss you my son.
Love Mommy

*Written by Minnie Drewes
In memory of Theodore Ainsley Drewes*

In Memory of our Newly Discovered Angels



*Carl Mielke - November 15, 2019
Peanut - January 21, 2021
Alex Kashlak - January 22, 2021
Billie Mielke - January 27, 2021
Angel Garcia - February 13, 2021*

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.

We've had several new families reach out to Angel Whispers for support over the past several months. Many of these families experienced the loss of their sweet babies prior to finding out the gender of their little ones. We want to acknowledge all these precious angels even though they may not have been named or have a nickname.

If you would like your baby to be acknowledged with our other newly discovered angels in future newsletter editions, please know that your baby doesn't have to have a name or nickname to be included. We can use "Baby" and your last name instead.

Every little life matters...regardless of gestation!

Secondary Losses

Excerpt from Touchstone Two— Dispel the Misconceptions About Grief

By: Dr. Alan Wolfelt

When someone you love dies, you don't just lose the presence of that person. As a result of the death, you may lose many other connections to yourself and the world around you. Sometimes I outline these potential losses, or what we call "secondary losses," as follows:

Loss of self

- self ("I feel like part of me died when he died.")
- identity (You may have to rethink your role as husband or wife, mother or father, son or daughter, best friend, etc.)
- self-confidence (Some griever's experience lowered self-esteem. Naturally, you may have lost one of the people in your life who gave you confidence.)
- health (Physical symptoms of mourning)
- personality ("I just don't feel like myself...")

Loss of security

- emotional security (Emotional source of support is now gone, causing emotional upheaval.)
- physical security (You may not feel as safe living in your home as you did before.)
- fiscal security (You may have financial concerns or have to learn to manage finances in ways you

didn't before.)

- lifestyle (Your lifestyle doesn't feel the same as it did before.)

Loss of meaning

- goals and dreams (Hopes and dreams for the future can be shattered.)
- faith (You may question your faith.)
- will/desire to live (You may have questions related to future meaning in your life. You may ask, "Why go on...?")
- joy (Life's most precious emotion, happiness, is naturally compromised by the death of someone we love.)

Allowing yourself to acknowledge the many levels of loss the death has brought to your life will help you continue to "stay open" to your unique grief journey.

About Dr. Alan Wolfelt Author, educator, and grief counselor

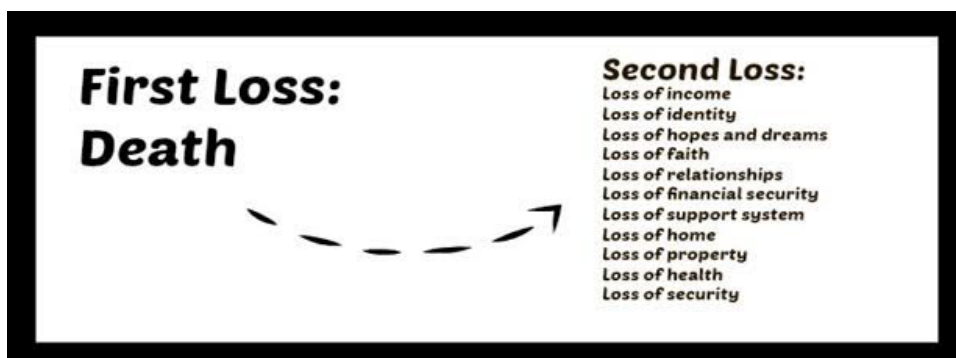


Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief—based on his own

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/>



Healing Opportunities

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.

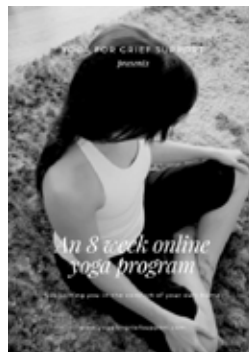
*Expressive Arts for Teens ages 13 to 18 years old who have experienced the death of someone they love. We offer art, music, writing and movement for our youth to explore their unique grief journey in a safe and supportive environment. A parent/guardian group meets concurrently for other family members.

Family and individual grief counselling available.

For more information on these grief programs, contact Chy Salter-Roberts at chysr@pilgrimshospice.com or 780.413.9801 ext. #302.

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 and online courses, please visit www.yogaforgriefsupport.com



They Say There is a Reason

They say there is a reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel,
For no-one knows the heartache,
That lies behind our smiles,
No-one knows how many times,
We have broken down and cried,
We want to tell you something
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.

-author unknown



2021 Remembering our Losses Covenant Health and AHS Pregnancy and Infant Loss Program Annual Baby Loss Memorial Service

- **Date:** Sunday, May 30th, 2021
- **Time:** TBA
- **Location:** Virtual

This is an opportunity for families that have experienced the loss of a baby to honour their little ones and to share their memories with others that care. Because of COVID, this year's memorial service will once again be held virtually. More details to be announced on our website www.angelwhispers.ca/angelwhispers and via social media by early May.

Can You Help?



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

Healing Opportunities Dr. Alan Wolfelt - Community Grief Seminar

- **Date:** April 20, 2022 (*Rescheduled due to COVID-19 pandemic - previously scheduled for April 20, 2020*)
- **Location:** Westin Hotel, 10135 - 100 Street, Edmonton

Park Memorial is proud to be able to bring back this dynamic grief counselor and speaker to help families in their journey through grief.

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.

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“Mourning in our culture isn’t always easy. Normal thoughts and

Rainbow Baby and Pot of Gold Birth Announcements

Khloe Ruth Cecile Knott

Born on January 3, 2021 weighing 6 lbs 2 oz to loving parents Bev and Shaun and excited siblings Emmett, Peyton and Lilly. Khloe's big brother Zachary is smiling down on her from above!

Kayson Arthur James Aplin

Born on January 4, 2021 weighing 9 lbs 1 oz to proud parents Kasha and Aaron and loving siblings Kyrah, Avah, Jace and Kinsley. Kayson has an angel watching over him from above!

Liam Joshua Joseph Cruz-Taylor

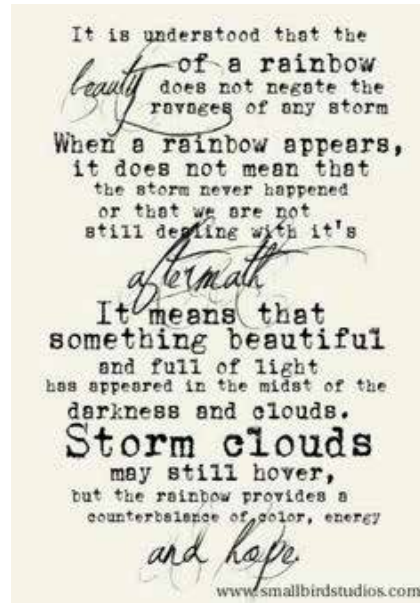
Born on January 14, 2021 weighing 8 lbs 8 oz to excited parents Mickey and Adam. Liam is watched over and protected by his sibling in heaven.

Isla Grace Hempel

Born on February 23, 2021 weighing 6 lbs 2 oz to loving parents Brittney and Craig. Isla's big sister Ella and angel siblings are smiling down from above and celebrating her safe arrival.

Ellie Grace Ksiazek

Born on February 27, 2021 weighing 5 lbs 14 oz to proud parents Leanne and Terence. Ellie's twin and other siblings are celebrating with the angels.



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/>

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

- Kathy Calvin



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.

- To Strathcona County Family and Community Services, the Mayor of Sherwood Park and council for the 3 year Social Framework Community Grant to help Angel Whispers sustain programs and supports to grieving families.
- To the Alberta Government for the Community Initiatives Program Grant to help Angel Whispers sustain services to grieving families.
- To everyone who has fundraised for the Angel Whispers Baby Loss Support Program!
 - To Natasha Stelmach from Navy n'Co. for the generous donation to the Angel Whispers Baby Loss Support Program through the Angel Wing Car Decal fundraiser! To learn more about Navy n'Co. and the personalized products they offer, visit their Facebook Page - <https://www.facebook.com/NavynCo>
 - To Brooke DeMille with Epicure for the generous donation to Angel Whispers from the recent Epicure Fundraiser she offered! To learn more about Epicure or to place an order with Brooke, please visit her website - <https://brookedemille.epicure.com/>
 - To Posh & Cozy Clothing for their incredible \$1900 donation to Angel Whispers from their Pregnancy and Infant Loss Awareness Month Promotion. To learn more about Posh & Clothing's products, visit their website - <https://www.posh-andcozy.com/>
- To Queen of Hearts for their support and generous donation of over \$800 to the Angel Whispers Program from their recent Peppermint Stix Christmas market fundraiser! To learn more about Queen of Hearts and their markets, visit their website - <https://www.gohearts.ca/>
- To the Andrews family for the fundraiser benefiting Angel Whispers in memory of Eric Andrews.
- To Cheryl Budziszyn, one of our Angel Whispers mommas for raising money for Angel Whispers; Cheryl bakes incredible cakes and in lieu of payment requests a \$300 donation to Angel Whispers!
- To DOW Canada for the donation towards our Angel Whispers Care Packages and Resource Library!
- To Shelly Kubbernus for creating and donating Pregnancy and Infant Loss Awareness Ribbons for our Angel Whispers care packages in memory of her daughter Zoe.
- 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.
 - Barb Bundt for the annual donation in memory of Baby Emma
 - Christine Baines for the annual donation in memory of Nicholas Applin
- Morgan Friedenber
- Brandon and Lisa Grenier in memory of their little one
- Breanne Fisher in memory of Angel and Norbert Sampson
- Jonathan Fung in memory of Jackson Fung
- To our Angel Whispers families that request donations from family and friends to Angel Whispers in memory of their babies.
- To the Rasmussen family and their friends and family for the generous donations made to Angel Whispers in memory of Spencer Keith Rasmussen.
- To the Scheie family and their extended family for the generous donations made to Angel Whispers in memory of Jayden Scheie.
- To Strathcona Family and Community Services for allowing us use of their meeting space! Even though we have been unable to use the space for most of this year due to COVID, we are forever grateful that when we can meet again in person we have a space to do so!
- To all our Angel Whispers volunteers!
 - To Cara Richards for her ongoing commitment and dedication to Angel Whispers! Cara co-facilitates our monthly baby loss support group meetings and is

Continued on page 7



our creative influence with Angel Whispers organizing our annual Christmas Healing Hands Workshops.

- To Cara Richards and Angela Loucks for organizing our 2020 Christmas Healing Hands ornament workshop.
- To Meagan O'Connell, Angel Loucks, Crystle Stadey and Alana Seymour for their help with our 2021 online fundraisers!
- To Shelley Duffin and Natasha Stelmach for generously donating their time to put care packages together and make sympathy and thank you cards for Angel Whispers!
- To Betty Dean for her ongoing support and creativity in designing our Angel Whispers newsletters!
- To the 2020 Whispers of Hope Gala planning committee: Jacqueline, Alana, Meagan, Crystle, Carol-Anne and Angela!
- To everyone who supported the 2019 Whispers of Hope Gala. Whether you attended as a guest, volunteered your time, became a sponsor, donated a silent auction or raffle item or made a Wings of Hope Donation you made a difference! Over \$20,000 was raised in support of the Angel Whispers Baby Loss Support Program!
- Thank you to everyone who has donated towards the 2020 Whispers of Hope Gala originally planned for March 14, 2020. Because of the COVID-19 pandemic, the Gala has been cancelled, your donation will instead be used towards our upcoming online fundraisers!
- Thank you to everyone who had purchased a ticket for our 2020 Whispers of Hope Gala who chose to donate

The Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap.

As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed

dragonfly with broad wings and a slender body designed for flying.

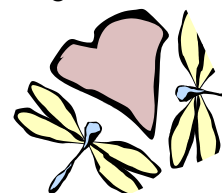
So, fly he did!

And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed.

Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew.

So, he raised his wings and flew off into his joyous new life!



~Author Unknown~

the cost of their tickets back to the program in lieu of a refund!

- To our Angel Whispers families who donate to the program with the gift of time, financial contributions or gifts purchased in memory of their sweet babies to be donated to families in need, your generosity and giving spirit is so greatly appreciated!



Dragonflies Symbolize the change in Perspective of Yourself.



Upcoming Fundraisers

Fundraising dollars will be placed in a fund to be accessed by those facing financial barriers to accessing the one on one supports that Angel Whispers will continue to offer, as well as supporting related operational costs.

Stained Glass Hearts

- \$20 for Stained Glass Hearts, \$10 of each heart donated to Angel Whispers.
- Small glass coloured hearts are \$5 each with the entire \$5 being donated to Angel Whispers.
- Each heart is already wrapped in tissue and in a plastic bag. Hearts will be randomly selected; there is no option to select the design, although if you do not want a heart with pink glass, please let us know.
- Pick up in Sherwood Park. 43 Stained Glass Hearts and 33 Glass Hearts available.
- Thank you to Paige Smith for organizing this fundraiser!
- To place an order contact Lori-Ann @ 780-974-7054 or by email: angelwhispersbabyloss@gmail.com



Whispers of Hope Online Fundraisers

Stay tuned to our website, www.angelwhispers.ca/angelwhispers and our social media for details coming in the next few months about online 50/50, raffles and silent auctions. Donations of items made for the 2020 cancelled Whispers of Hope Gala (due to COVID-19) will be used for our online fundraiser! Thank you to those that donated!

Wings of Hope Donations

The Angel Whispers Baby Loss Support Program receives no contract funding.

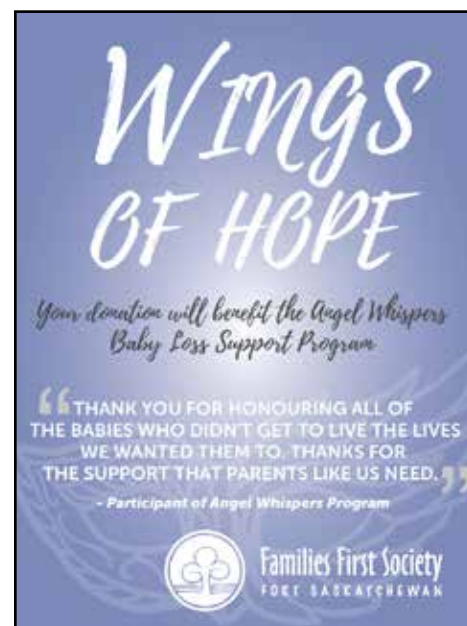
Instead, Angel Whispers relies on fundraisers, grants, donations and community partnerships to sustain programs and supports for grieving families.

Stained Glass Angel Feathers



- Angel Feathers by AlbertaAnn, fundraiser in support of Angel Whispers.
- Each feather measures 8.5"x2". Choice of colors: white, iridescent white, pink or blue
- \$30, \$10 of each Angel Feather donated to Angel Whispers.
- Order deadline: April 15th Pick up available by: May 1st
- Thank you to Danielle Johnson for organizing this fundraiser!
- To place an order contact Lori-Ann @ 780-974-7054 or by email: angelwhispersbabyloss@gmail.com

To make a Wings of Hope donation to the program, please contact Lori-Ann Huot, Program Coordinator @ (780)974-7054 or angelwhispersbabyloss@gmail.com



If you have fundraising ideas for Angel Whispers or if you are interested in offering a fundraiser benefiting the Angel Whispers Baby Loss Support Program, please contact Lori-Ann @ (780)974-7054 or by email: angelwhispersbabyloss@gmail.com

A note to our Angel Whispers Families

It's hard to believe it's been a year since we had to make the difficult decision to postpone our *Whispers of Hope Gala benefiting the Angel Whispers Baby Loss Support Program*. This past year has been full of so much change and loss related to COVID...and our inability to hold our Gala has had a significant financial impact on Angel Whispers.

As most of you know, the Angel Whispers Baby Loss Support Program receives no long term sustainable funding. Instead we rely on fundraisers, donations, grants and community partnerships to sustain our programs and supports for grieving families. Our program was founded in 2002 and for almost 19 years we have found ways to continue to support families despite the funding challenges.



Approximately 13 years ago, Angel Whispers became a program of the Fort Saskatchewan Families First Society which allowed us to benefit from being with a non-profit charitable or-

ganization, thinking that would allow us easier access to long term sustainable funding which unfortunately we have never been able to secure.

I became Program Coordinator 10.5 years ago. Having the opportunity to do this work fulltime allowed me to pursue my passion for supporting grieving parents and, in addition to supporting families, I received my Death and Grief Studies Certification.

My role was expanded after I received my certification and I then became the Bereavement Coordinator which allowed me to continue the work I do with Angel Whispers as well as support individuals within our community grieving the loss of loved ones.

I received word recently that due to the lack of sustainable funding, Families First Society was cutting the Bereavement Program and my position was being eliminated.

June 4 will be my last day as a full time employee with Families First. I have been offered the opportunity to contract my services as a grief counsellor to Families First through my home based **Hope and Healing Grief Support Services** after June 4 so that grieving individuals can continue to receive much needed support, including our Angel Whispers families. There will be a minimal fee for the one on one supports I offer and if an individual cannot afford the fee we can apply for a subsidy through the Families First mental health fund.

So I'm sure you are asking what this will mean for Angel Whispers...there will be some changes moving forward as it would be impossible to sustain all the programming Angel Whispers currently offers from my home office.



It is critically important to me to ensure Angel Whispers can continue to provide hope and healing to grieving families as Angel Whispers the legacy of Loren, Brooklynn and Madison.

One change I am looking into is our monthly support groups becoming a parent to parent model starting in September, meaning I would take a step back from facilitating the meetings and would have parent volunteers run the meetings. The intent of the meetings has always been for parents to connect with other parents who have experienced a similar loss to help them feel better understood and supported. If you feel as though you would like to become a parent to parent connector for our support group meetings, please feel free to reach out to me.

I ask for your patience and understanding as I navigate the changes ahead. I certainly welcome your feedback and suggestions.

Thank you all for continuing to give me purpose and for sharing your heart and souls with me.

Lori-Ann



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 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 angel-whispersbabyloss@gmail.com

Angel Whispers provides:

- Baby Loss Support Group
- Healing Hands Groups
- Subsequent Pregnancy Support Group
- Miscarriage Support Group
- resource lending library
- quarterly newsletter
- special care packages
- Memory Box program
- one-on-one and email support
- birth certificate keepsakes

Support means I will walk with you. I will not try to change you or how you feel. I will simply be here beside you.

Due to Covid-19 restrictions we are currently offering support group meetings virtually. We are uncertain when meetings will return to an in-person platform. To receive the meeting link via email, contact Lori-Ann, Angel Whispers Program Coordinator @ 780-974-7054.

Angel Whispers Support Group meetings are held from 7-8:30 p.m. We do not meet in July or August, however one on one support is available during months when support group meetings are not held. Please contact Lori-Ann at (780)974-7054 for more information or to register.

Baby Loss Support Group

For families who have experienced the loss of their baby through miscarriage, stillbirth or neonatal death. Meetings are from 7 - 8:30 p.m. on:

- Sunday, January 10, 2021
- Sunday, February 7, 2021
- Sunday, March 7, 2021
- Sunday, April 11, 2021
- Sunday, May 2, 2021
- Sunday, June 6, 2021
- Sunday, September 12, 2021
- Sunday, October 3, 2021
- Sunday, November 7, 2021
- Sunday, December 12, 2021

Miscarriage Support Group

For families who have experienced the loss of their baby through miscarriage, stillbirth or neonatal death. Meetings are from 7 - 8:30 p.m. on:

- Sunday, January 10, 2021
- Sunday, February 7, 2021
- Sunday, March 7, 2021
- Sunday, April 11, 2021
- Sunday, May 2, 2021
- Sunday, June 6, 2021
- Sunday, September 12, 2021
- Sunday, October 3, 2021
- Sunday, November 7, 2021
- Sunday, December 12, 2021



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

Phone: 780-998-5595
Fax: 780-998-5503

For meeting information, or to receive our newsletter or a special care package, please call (780)974-7054.

For families seeking additional support please see:
<http://www.angelwhispers.ca/angelwhispers/support>

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