

Angel Whispers

Spring 2022

Hello Angel Whispers families and supporters,

Welcome Spring!
I am sure I am not the only one

that is happy to leave this past winter behind us. In our area, we faced bitterly cold temperatures and more snow than we have had in years sprinkled with days of unseasonably warm temperatures and freezing rain. Our winter felt like a roller coaster ride of weather with long dark days with little sunshine. Not an easy season to endure when grieving. Even our first day of spring came with a wicked snowstorm, reinforcing the unpredictability of our seasons. Much like the unpredictability of grief.

Just when we start to experience more consistent days of better weather, that spring snowstorm comes out of nowhere. Grief is like that too, you might start to feel that the better days outnumber the more difficult days and then out of nowhere something triggers a “grief burst”.

This newsletter focuses on the topic of grief triggers. The world around us is filled with triggers, some of them we see coming (like upcoming milestones), but others catch us by surprise. These triggers can intensify the emotions we experience with grief, sometimes making us feel as though any movement forward in our grief journeys has been undone. The more time that passes since



our losses, the more familiar we become in our grief and the more we learn how to navigate these grief bursts so they don't overwhelm us each time. Our grief journeys teach us to live our lives with our grief. Unlike the misconceptions of grief that so many people are influenced by, we don't “get over” our losses” or “move on”, instead we move forward, one day at a time, sometimes one moment at a time.

I have always looked at my grief bursts that I've experienced over the past 24 and 19 years since my losses as a way of our two babies, Loren and Brooklynn saying “mommy don't forget us”. It would be impossible to forget them, however those grief bursts allow me to focus on my grief and give honour to it and our girls that we will forever carry in our hearts. This many years later my grief bursts happen less frequently, but it is likely because I have learned to live my life with my grief. Grief is now familiar to me, and I have gained

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Angel Whispers continues to provide support to families grieving the loss of a baby to miscarriage, stillbirth, SIDS and neonatal death.

www.angelwhispers.ca/angelwhispers

"To inspire hope & healing and offer compassion & understanding to families devastated by the loss of a baby."

Email: angelwhispersbaby-loss@gmail.com

Phone: 780-974-7054



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confidence in my ability to get through each trigger and grief burst that I experience. It has certainly helped me to help others in their grief as I feel as though my girls' legacies are living on through the work I do. I am honouring them in everything I do.

As many of you know Angel Whispers has gone through some significant changes over the last year when the agency we had been with for many years cut the bereavement program (including Angel Whispers) due to lack of sustainable funding. It was important to me that Angel Whispers continue, as it is a lifeline for so many heartbroken families. The program shifted to become a volunteer run organization and we are so grateful to our wonderful team of Angel Whispers volunteers who have journeyed through their own grief and are now committed to helping others in their grief. Our volunteers facilitate our monthly support group meetings and I continue to provide one on one support to families while taking care of the daily operations of the program, including our quarterly newsletter.

As I am balancing my role with Angel Whispers alongside my family and demanding career as the Grief and Bereavement Navigator with a local hospice society, it is becoming increasingly challenging to keep up with the responsibilities. I have made the decision to change our quarterly newsletter to a twice a year newsletter. Moving forward we will release a spring and fall edition. I am so grateful to Betty Dean, a volunteer who has been formatting our newsletter for many years, for her continued commitment to helping bring the newsletter to life! I provide Betty with the content and she beautifully formats the content into the newsletters you read.

In this edition, you will find upcoming healing opportunities, including the

return to our annual Angel Whispers Picnic and Bubble Release (as long as Covid doesn't shift again and force its cancellation). We also have our upcoming support group meeting dates included; we will continue the virtual format through June and hope to return to in person meetings every other month starting in the fall (our support group meetings don't run in July or August). We will continue to offer virtual meetings on the alternate months in the fall.

We are also considering starting a monthly coffee night, an opportunity for Angel Whispers families to meet in a casual environment for coffee, connection and conversation. Watch our website, www.angelwhispers.ca/angelwhispers for announcements.

Wishing you a gentle spring and summer, see you in fall with our next Angel Whispers newsletter!

With Love and Understanding,

Lori-Ann

Lori-Ann Huot
Program Coordinator
Angel Whispers Baby Loss Support Program
Cell - (780)974-7054
angelwhispersbabyloss@gmail.com
www.angelwhispers.ca/angelwhispers

"To inspire hope and healing and offer compassion and understanding to broken hearted parents grieving the loss of a baby."



When Mother's Day Is A Trigger

©NEDRATAWAB

Reasons

- Being abandoned by your mother
- Pregnancy loss
- Difficulty conceiving
- Not having a healthy relationship with your mother
- Your mother is deceased
- Being hurt by your mother
- Grieving the loss of a mother-like relationship
- Being away from your mother

Ways To Cope

- Plan to do things that make you feel happy
- Spend time with people who understand your feelings
- Be intentional about building relationships with mother-like figures
- Allow yourself to feel the difficult feelings without rushing them away
- Start a new Mother's Day tradition
- Go to therapy prior to Mother's Day to explore your feelings

Grief Triggers

By: Lori-Ann Huot

Grief can feel like a wild roller coaster ride of emotions, especially in the days, weeks and months after losing a baby. Because you will love your baby forever, you will grieve for your baby forever. Your grief will change, evolve and soften and with time and support, your grief will feel less like the roller coaster ride and shift to a grief that becomes easier to live with.

In the early days of grief, the intense and often overwhelming thoughts, feelings and emotions can be referred to as **acute grief**. The longer term grief that is less raw and intense can be referred to as an **integrated grief**, meaning that you have been able to integrate the loss of your sweet baby into your life and learn to live with your grief with less intensity. Your grief is still a part of you, just as the love for your baby is still a part of you.

Even with that long term integrated grief, you can experience what is referred to as **grief bursts** for a very long time. A grief burst is when something triggers the waves of grief to come crashing in on you. Those triggers can be anticipated triggers or unexpected triggers; you can have a conscious awareness of the trigger or sometimes experience a subconscious response.

What is the difference between an anticipated trigger and an unexpected trigger? With an anticipated trigger you know it's coming, like your due date, the anniversary date of when your baby died, Mother's Day, Father's Day, holidays etc. With an unexpected trigger, like a song comes on the radio, you are grocery shopping and turn a corner to see a pregnant mom or newborn baby etc. The grief from both the anticipated and unexpected triggers can feel overwhelming, however the difference with the unexpected triggers is they can take your breath away because you don't

see them coming.

I asked our Angel Whispers moms to share their experience with triggers. Here is what they had to say:

Cassandra:

"Right now, the hardest part is seeing all my beautiful friends having babies. My baby was due April 18th and seeing all these beautiful souls makes it hard for me because I feel that should be me too, but it's not."



Crystle:

"They are always changing...in the beginning everything was a trigger. Diaper commercials, going shopping, seeing babies. After talking with Lori-Ann and other Angel Whispers moms the triggers slowed down. They don't happen everyday but still do happen. I don't know how to explain it but I don't feel they are triggers anymore but more a random thought of Liam."

Paige:

"So just knowing someone is pregnant who I know whether through work or friends of friends. I've cried twice regarding the same couple, when I found out they were pregnant and also when I found out they had their baby, I don't know exactly why but I think there is a mixture of emotions. Also looking at myself in the mirror, I just see all the failure from the last 1.5 years and I am disappointed. Disappointed in the weight gain, the stretch marks, the physical and emotional toll losing them did to me to make me dislike myself

more. Not knowing why...that triggers it too, maybe if I had a reason I could move to the next step. Feeling alone and not being able to talk to my partner about it. Not having friends or family check on me, makes me think about it more and more. Guilt and resentment of why I wanted this so bad, when I should have just been okay with not trying for another; knowing I wasn't able to give my child a sibling."

When you experience a trigger that causes a grief burst, it is best to allow yourself to feel the emotions. You have to feel it to heal it. Healing doesn't mean you "move on" or "get over" the loss of your baby.

Instead, healing means you learn to integrate the loss of your sweet baby into your life and learn to live your life alongside your grief, allowing for joy alongside your sadness.

Grief can be compared to the waves of the ocean. Sometimes the waves are huge and crashing (like in the early days, weeks and months after the loss of your baby), there will be days where it might feel the tide is out, the waves are much smaller and it's easier to walk through the waves as they come up on shore. Triggers bring with them bigger waves, like when the tide rolls in. The other influencing factor with grief is stress. At times of increased stress, the waves might feel more tsunami size. It is recommended that when grieving to minimize stress at home and work as much as possible as grief causes stress intolerance. Your tolerance to handle stressful situations will improve as you move forward towards the integrated grief we spoke of earlier.

Be gentle with yourself as you experience triggers and the resulting grief bursts. As more time passes on your grief journey, you will become more familiar with triggers and learn ways to navigate your way through the grief bursts. With each grief burst you will gain confidence in your ability to grieve, mourn and heal.

Can you help?

Our monthly Angel Whispers Support Group Meetings (Baby Loss Support Group, Miscarriage Support Group and Subsequent Pregnancy Support Group) have changed format to become a parent to parent model, meaning I have taken a step back from facilitating the meetings after 19 years.

Instead 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. When Angel Whispers was founded in September 2002, support group meetings were facilitated by myself and the two other co-founders. Through the years, life led the other two co-founders in different directions and away from Angel Whispers.

As much as I have loved facilitating the meetings and sharing my own personal journey through the loss of our two angels, Loren and Brooklyn, I felt as though it was time to allow others the opportunity and honour of sharing their stories and having their journey's inspire other's healing as they grieve the loss of their sweet babies.

It is important that those interested in volunteering feel as though they are in a good place in their own grief journey as hearing other's stories of loss and heartache can be difficult to hear especially when one is in a vulnerable place in their own grief.

Training is provided to all volunteers. 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 @ 780-974-7054 or angelwhisperbabyloss@gmail.com.

In Memory of our Newly Discovered Angels

Amelia Windatt
December 4, 2021

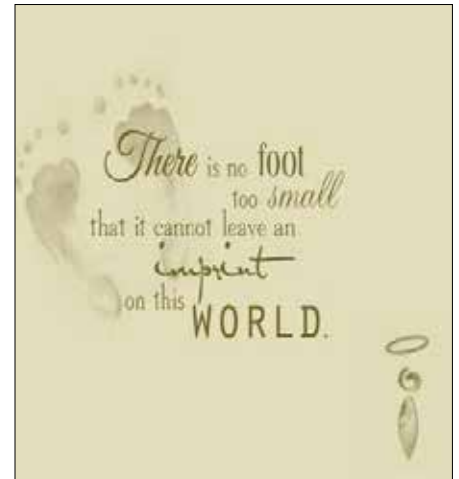
Rebecca Desbiens
January 7, 2022

Everlynn Mae Styre
January 13, 2022

Baby Friedenberg
January 13, 2022

George Anthony Albert Frank
January 28, 2022

Baby Duke
February 1, 2022



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!

Do you want
to volunteer?



Volunteering with Angel Whispers

I volunteer with Angel Whispers because of my belief in the value and need for the program. Working with Angel Whispers has helped me process the losses of my three miscarriages and subsequent infertility. My rainbow baby arrived through adoption, and has brought immeasurably joy into our family.

Betty

Coping with Triggers

by: Lori-Ann Huot

As you face the anticipated and unexpected triggers to your grief, you may be wondering how to get through them. Allowing yourself to experience your grief rather than trying to avoid your grief is the first step. *We must feel it to heal it.*

Healing won't mean you 'get over' the loss of your baby or 'move on'; instead healing means that you will move forward as your grief softens and becomes easier to live with.

There is a difference between grief and mourning. Everyone grieves but not many understand their need to mourn.

Grief is the internal thoughts, feelings and emotions we experience when someone we love has died. *Mourning* is the external expression of those thoughts, feelings and emotions. As you learn to live your life with your grief, you will also become familiar with the specific triggers to your grief and learn ways to deal with them. Grief can feel much like the waves of the ocean, some waves are small and manageable and other waves are huge and crash over us. We can't prevent the waves from coming in but we can learn to swim through those waves.

Bereaved mothers and fathers cope with grief triggers in many different ways. Finding ways to express your thoughts, feelings and emotions are one of the best ways to cope. Consider writing; keeping a journal or writing a letter to your baby; if you are artistic, consider expressing your grief through painting or drawing. Do you like music? Create a play list of songs that bring you comfort.

Focus on self care; go for a walk in nature, take a nap, take a bubble bath, binge watch a Netflix series, get a

massage, seek counselling, or any other way you find that nurtures your body, mind and soul. Allow yourself to cry, tears say more than what words can. Spend time with people you love that allow you to authentically express your grief in ways that are comfortable for you.



A positive way of coping with your loss and your grief is to recognize your baby in a very tangible and meaningful way. Listed below are several ways to honour your baby's memory:

- If you haven't already, name your baby or give your baby a nickname (if you don't know your baby's gender). It can be so meaningful to say their name and hear others speak their name.
- Create a scrapbook in memory of your baby.
- Purchase a gift for your baby and donate it in his/her memory to your local women's shelter, NICU or your other favourite charity.
- Attend the Annual Spring Remembering our Losses AHS Covenant Health Memorial Service on May 29, 2022.
- Plant an apple tree or flowering shrub in the spring for your yard that will bloom every year.
- Purchase a yard ornament to place under that tree or shrub.
- Have a special stepping stone made for your garden in memory of your

baby.

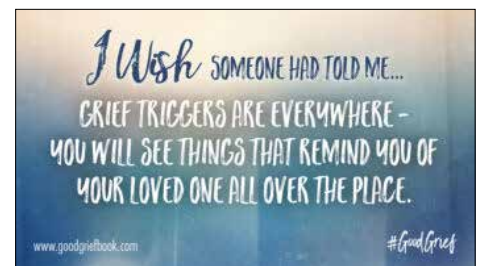
- Donate a book to Angel Whispers in memory of your baby, to assist other grieving parents. We will place a name plate in the front of the book as a tribute to your baby.
- Buy yourself a special gift (ie. an angel pin with your baby's birth stone).
- Make a donation to Angel Whispers or your favourite charity in memory of your baby.

Give yourself permission to take a break from your grief, find something to distract yourself. It is okay to take a break from the heaviness of our grief, as long as distraction doesn't become a long term way to avoid your grief.

Grief demands to be felt and demands attention. Any attempts to avoid your grief will only delay your need to grieve and mourn. Grief will bide its time until you are forced to deal with it.

Remember that it's okay to experience moments of joy and happiness when you're grieving. Don't feel guilty if you find yourself smiling or laughing. You are not disrespecting your baby by allowing yourself to enjoy life.

There is no one 'right' thing to do to cope with grief triggers, but I encourage you to be gentle with yourself and find something that nurtures your heart and soul as you grieve for your sweet baby.



Rainbow Baby and Pot of Gold Birth Announcements

Lexi Jillian Brown

Born on December 23, 2021 weighing 8 lbs. 7 oz. to loving parents Niki and Mike and excited big brother Zachary.
Lexi is watched over and protected by her siblings in heaven, Rebecca and Baby Brown.

Kaius Charles McGowan

Born on January 25, 2022 weighing 8 lbs. 3 oz. to proud parents Brittany and Taylor.
Kaius has an angel sibling watching over him from above.

Grayson Paul Imperato

Born on January 31, 2022 weighing 8 lbs. 1 oz. to excited parents Megan and Cory and proud big sister Chloe.
Grayson's big sister Ava is celebrating with the angels.

Hudson Alexander Stadey

Born on February 14, 2022 weighing 3 lbs. 3 oz. to loving parents Crystle and Ryan.
Hudson is watched over and surrounded in love by his big brother Liam in heaven.

Briar Ann Sharpe

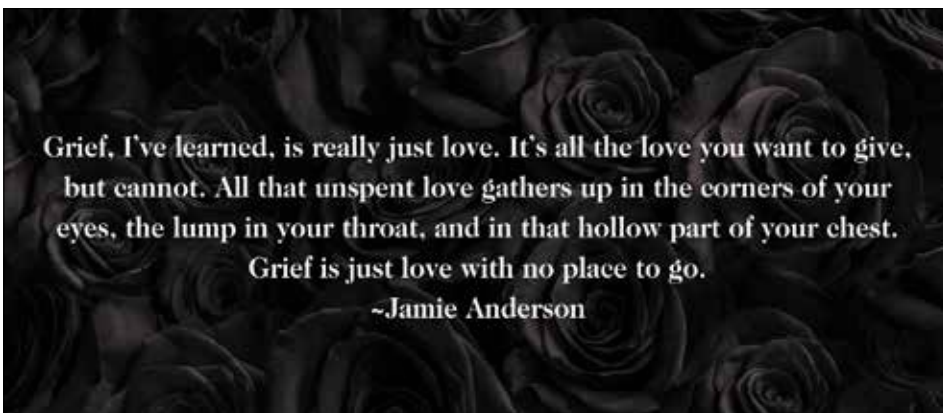
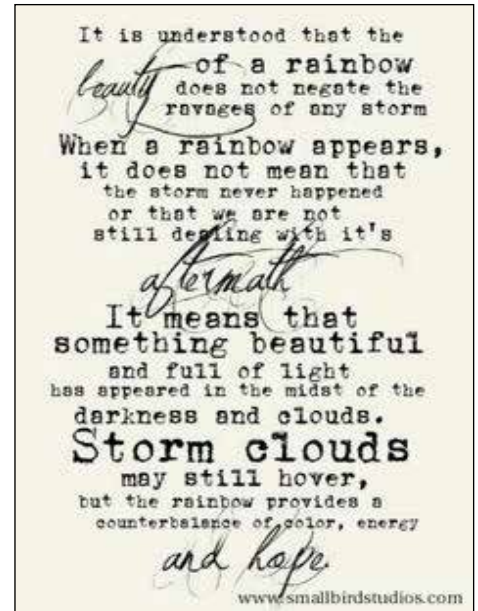
Born on March 5, 2022 weighing 8 lbs. 14 oz. to excited parents Kelsey and Ben and proud big brother Bennett.
Briar's angel sibling Bubbles is watching her from above and celebrating her safe arrival.

Owen Gordon Tomusiak

Born on March 10, 2022 weighing 7 lbs. to proud parents Nicole and Chris.
Owen's angel siblings are celebrating with the angels.

Rylee Noelle Zauna Louis Oladele

Born on March 27, 2022 weighing 6lbs 4oz to loving parents Ally and Darcy and excited big brother Mason.
Rylee's angel siblings (including her twin) are celebrating her safe arrival and watching over her from above.





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

- Kathy Calvin

A **HUGE Thank You** to the following individuals for their generous support of the Angel Whispers Baby Loss Support Program! Your support allows Angel Whispers to continue to provide hope and healing to families devastated by the loss of a baby.

- Betty Dean for her ongoing support and creativity in designing our Angel Whispers newsletters!
- Debbie Oloriz for her ongoing support with our Angel Whispers website!
- To our Angel Whispers volunteers who facilitate our monthly meetings - Bev, Trina, Angela S., Natasha, Nav, Cara, Lareina, Sarah S., Sarah T., Angela L. and Meagan!
- 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!
- To our Angel Whispers families that request donations from family and friends to Angel Whispers in memory of their babies!
- 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 Alberta Blue Cross Hearts of Blue for the donation of Angel Wings for our Care Packages!
- To Lisa and Brandon Grenier for the donation of Angel Wings for our miscarriage Care Packages!
- To the following Angel Whispers families for their generous financial contributions to Angel Whispers in memory of their precious Angel Babies - Morgan and David Friedenbergh, Breanne and Mike Fisher and Nav and Ryan Scheie!
- To Patricia Galley for the donation made in memory of her nephew!
- To Germit Garaha for the donation made in memory of his grandson!
- To Elwayns Consulting Ltd. for the generous donation made in memory of Jayden Sheie.



Donations made to Angel Whispers help to cover the costs of: care packages, photocopying, postage, Angel Whispers website, Angel Whispers Zoom account, enhancing our resource library, pay for trainings for our Angel Whispers volunteers, supplies for our annual Christmas Healing Hands ornament workshop and more!



Upcoming Fundraisers

We will be holding another **online silent auction** benefiting the Angel Whispers Baby Loss Support Program in October 2022 (Pregnancy & Infant Loss Awareness Month). If you are interested in donating an item for the silent auction, please contact Lori-Ann @ 780-974-7054

or angelwhispersbabyloss@gmail.com.

Stay tuned to Facebook and our website - www.angelwhispers.ca/angelwhispers for more information. Details will be announced in our Fall Angel Whispers Newsletter that will be released in September.



Healing Opportunities

Annual Spring Remembering Our Losses Memorial Service
Sunday May 29, 2022 - 1 pm

Every spring the funeral homes, hospitals, cemeteries and support groups in the Edmonton area collaborate to hold a special memorial service for families who have lost a baby. This year's service will be held at Connelly-McKinley Funeral Home. There will be a small ceremony and tea followed by a graveside ceremony at Our Lady of Peace Cemetery. The hope is to have both the ceremony and tea at the on-site location on the Our Lady of Peace Cemetery location so travel to the gravesite will be easier. This will depend on whether the renovations have been completed at the Our Lady of Peace Cemetery Location, details of where will be announced closer to the date. We are hoping for an in-person event with a virtual option. If you are unable to attend but would like your baby acknowledged, please contact Lori-Ann at angelwhispersbabyloss@gmail.com.

Coffee, Connection & Conversation - a monthly casual coffee night

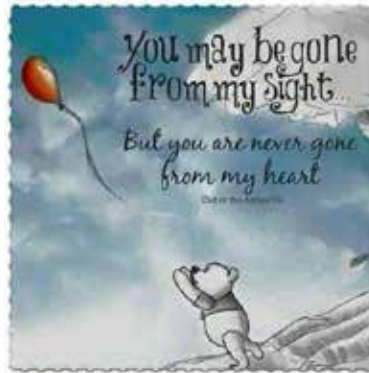


An opportunity for Angel Whispers families to meet in a casual environment for coffee, connection & conversation

Details & Dates to be announced soon on Facebook & our website - www.angelwhispers.ca/angelwhispers

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.

Annual Angel Whispers Picnic and Balloon/Bubble Release Returns! Summer 2022



All our Angel Whispers families are invited to an afternoon of honouring and remembering our sweet angel babies.

Please join us for our **Annual Potluck Picnic and Balloon and Bubble Release!** Families welcome! We are trying to find environmentally friendly balloons, this year we will offer balloons and bubbles so families will have their choice as we want to respect everyone's preferences and at the same time we want to be respectful to the environment.

- Please bring an appetizer, salad or dessert to share with everyone!
- Bring lawn chairs and/or blanket to sit on.

Information and date to be announced closer to the summer. Stay tuned to Facebook and our Angel Whispers website for the date & details!

10th Annual Baby Steps Walk to Remember

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

Sunday, August 28, 2022

Alberta Legislative Grounds

Registration and details available -

<https://www.babystepswalk.com/>



Welcome to Sarah!

Our newest Angel Whispers Volunteer

I had the privilege of meeting Lori-Ann through my job and always wanted to volunteer with this amazing organization.

My family experienced a twin loss with my first pregnancy, losing our daughter at 18 weeks and subsequently delivering her twin brother at 27 weeks gestation, resulting in a lengthy NICU stay.

We also experienced a pregnancy loss after that, wondering if we would ever have a 'typical' pregnancy. We were blessed with our rainbow baby after that

and now have two boys, aged 12 and 9.

I am a huge believer in the power of peer support, so I am excited to start this journey, connecting with other families walking a similar path.

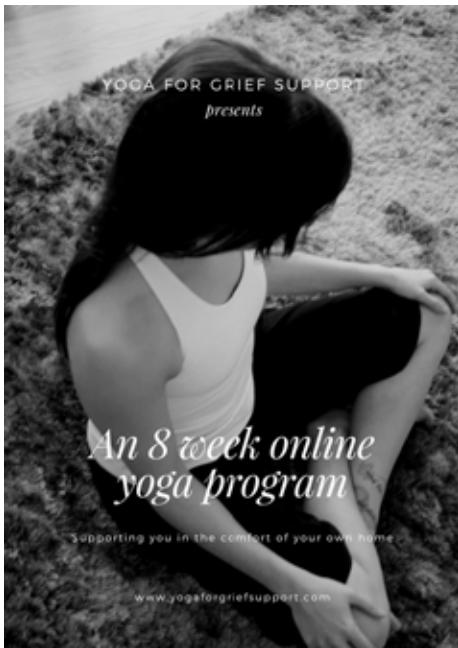


Healing Opportunities

Yoga for Grief Support

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

Guided by Sandy Ayre, an Occupational Therapist and Certified Yoga Instructor. For more information and upcoming class dates and online courses, please visit www.yogaforgriefsupport.com.



Dr. Alan Wolfelt - Community Grief Seminar • Rescheduled to May 2023

Park Memorial is proud to bring back this 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. 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 Healing Opportunities 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, his Centre for Loss, and his extensive Resource Library, visit <http://www.centerforloss.com/>.

Pilgrims BriarPatch Centre for Grieving Families



**PILGRIMS
HOSPICE**

***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.

Support Group Meetings

Our monthly support group meetings will remain in the **virtual format via Zoom through June.**

We don't hold meetings during the summer months. The support group meetings resume in September. At that point we are looking at returning to in-person meetings but plan to alternate meetings between in-person and virtual. One month the meetings will be in person and the next month they will be virtual to ensure that all families are able to attend regardless of geographical barriers.

In the meantime, watch for an announcement of a **monthly in-person Angel Whispers Coffee Night!**



www.angelwhispers.ca/angelwhispers

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Phone: 780-974-7054

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



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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 “companionship” 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 re-

source 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 & his extensive Resource Library, visit <http://www.centerforloss.com/>

Upcoming Meeting Dates:

We anticipate returning to in person meetings (alternating with virtual meetings) in the fall.

To receive the meeting link via email, contact Lori-Ann, Angel Whispers Program Coordinator @ 780-974-7054. Links are also posted in our Facebook groups, if you would like to be added to our private Facebook groups (Angel Whispers Baby Loss Support Group Moms, Angel Whispers Baby Loss Support Group Dads, Angel Whispers Miscarriage Support Group Families, Angel Whispers Subsequent Pregnancy Families) please contact Lori-Ann.

Baby Loss Support Group Meetings
7-8:30 p.m.

Miscarriage Support Group Meetings
7-8:30 p.m.

Subsequent Pregnancy Support Group Meetings
3-4 p.m.

- Sunday, April 3, 2022
- Sunday, May 1, 2022
- Sunday, June 5, 2022
- Sunday, April 10, 2022
- Sunday, May 15, 2022
- Sunday, June 12, 2022
- Sunday, April 10, 2022
- Sunday, May 15, 2022
- Sunday, June 12, 2022