

Angel Whispers

Fall/Winter 2022

Hello Angel Whispers families and supporters,

Leaves are falling, Autumn is calling! Fall is my favourite season. I love the warm colours, the cool crisp mornings that blend into warmer days, the prelude to the bitter cold that will soon be here. Fall is proof that change can be beautiful!

Not all change is as welcoming as fall. An element of grief that is challenging is facing the change we have experienced through the loss of our babies. The reality that our lives are forever changed, our futures are changed, we are changed. We grieve for our babies, but also grieve our lives without our babies. We grieve our futures without our babies along with grieving who we are without our babies.

Grief can be all-consuming and impacts every aspect of our lives. Even in grief, we can open ourselves to appreciating the beauty of the world around us and having gratitude for the people, places, pets and things around us.

Grief and Gratitude can co-exist, one doesn't cancel out the other. As Thanksgiving approaches, take a moment to reflect on the beauty of the world around us, find comfort in the change of seasons. Much like the

four seasons we journey through, our grief will also shift and change like the seasons. With time and support, as we grieve and mourn for our babies, the intensity of our grief will soften, our worlds that may seem filled with shades of grey will eventually fill with colour once again. We

don't get over the loss of our babies or move on, instead we move forward by finding ways to honour the babies that we have lost.

As I journeyed through my grief years ago, I met two other bereaved moms who had also



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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experienced the heartbreaking loss of their babies. Through many tears and talks, we recognized that our philosophies for supporting other bereaved parents were similar and together we decided to create a group where we could offer support to other broken-hearted families.

Hence the ***Angel Whispers Baby Loss Support Program*** was born. Angel Whispers was a way for us to continue to honour our babies, for their legacies to live on, even as we continued to grieve. This month marks twenty years since Angel Whispers' inception. Twenty years of inspiring hope and healing and offering compassion and understanding to families devastated by the loss of a baby. We have offered support to hundreds of families throughout the last 20 years; thank you to each family who has opened their hearts to share their journey with us.

Life has led the two other co-founders, Melissa and Cindy, in different directions but the program that they helped to create continues and has grown exponentially through the years. From our simple start offering care packages and a monthly baby loss support group, we have grown to holding three monthly support group meetings (baby loss support, miscarriage support and subsequent pregnancy support), facilitated by a compassionate and dedicated group of Angel Whispers volunteers that have all had a personal experience with the loss of a baby and have taken training to become facilitators. We continue to offer care packages to families as well as offer

one on one support. We hold annual healing opportunities for the families we support: our annual picnic and balloon/bubble release and our annual Christmas Healing Hands Workshop and help with events planned by the other two Edmonton area baby loss support programs (HEARTS and Parent Care).

All of our supports are offered to families at no cost as we don't want there to be a financial barrier to accessing our program. We offer all our programming without sustainable funding, instead we rely on donations, fundraisers and community partnerships to sustain our programs and supports to grieving families. We are so grateful for every donation to Angel Whispers!

This newsletter edition shares details on our upcoming online silent auction that starts on October 15th, Pregnancy and Infant Loss Awareness Day. As was mentioned in our spring newsletter edition, our newsletters are now published twice a year rather than quarterly. Our next newsletter will come out in March 2023.

If you visit our website, www.angelwhispers.ca/angelwhispers you will find our past quarterly editions that have been published over the past 10 years. Each newsletter has a topic that you may find helpful as you grieve. As you approach the holiday season, a time of year that our grief often intensifies, you may find comfort in some of the suggestions shared in past editions on getting through the holiday season.

As Thanksgiving approaches, I want to extend my sincere gratitude to each of you for allowing Angel Whispers into your lives. A heartfelt thank you to our wonderful team of volunteers, I couldn't run Angel Whispers without you!

Wishing each of you the warmth of our autumn season, may it fill your hearts with peace, love and gratitude as you grieve the loss of your sweet babies.

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."



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.

In Loving Memory of Willow and Keziah

Thinking of my most precious Babies in Heaven, things have changed. Life has changed. I have changed.

And I couldn't have imagined that I really would be okay. Losing you both broke me to what I thought may never be pieced back together.

For so long, I was a crumpled heap of flesh, gasping for air, too suffocated by grief to pull myself up.

Losing you shattered me.

And it was immediately obvious that the shards of my former self were I thought beyond repair.

Losing you changed the way I saw everything.

Me losing you precious babies colored my whole world black and made me feel very empty.

The person I was before you existed vanished when you did.

No longer could I control my emotions.

No longer could I dam up the tears.

No longer could I pretend to be stronger than the heartache of this life.

No longer was I the person who loved and encouraged others through life—instead I had to trudge, or lay in bed for days, I avoided everything and everyone.

I didn't think I could live without you.

I didn't think I'd survive.

And some days I didn't want to honestly.

The days I lost you my little girl and little boy were the worst days of my life. And the days after, with an aching womb and empty arms, were equally as bad.

I didn't think I'd make it.

But here I am.

Still breathing. Still standing. Still alive.

Still missing you, yes.

Still wondering about you, yes.

Still reflecting on what it all means—losing you and living without you.

But somehow I'm still here in a place I thought I'd never see again.

A place with more laughter than tears.

A place with a full heart and busy hands.

A place of hope and gratitude and healing.

A place that's not quite complete, but that's still good, really good.

I never used alcohol ever to drown my sorrows about you. This is huge, with that I knew I could handle anything I'd ever be given .

Losing you changed everything, especially me.

But living without you changed my world forever.

Because in your absence I've discovered that God works in the darkness. That he works in the strangest, most mysterious, and best ways. That even the worst experiences of this life aren't enough to destroy me. Not forever, anyway.

I've learned that moving forward doesn't mean forgetting. That darkness doesn't last forever, and the pain truly always softens. That life is a combination of grief and joy and that regardless of where I'm at goodness and happiness can always be found, and life enjoyed to the fullest!

I have to thank you two for that.

Losing you broke a part of me, but in some strange way, your existence still managed to gift me with new skills and strength so strong that I now know I can conquer whatever I decide to do.

You were miracles, you existed, and you were important.

And with every fibre of my being, I'll love and miss you forever. I'll never understand why in this lifetime, but we will meet again and there will be no more pain.

Love you forever and always.

Healing Opportunity



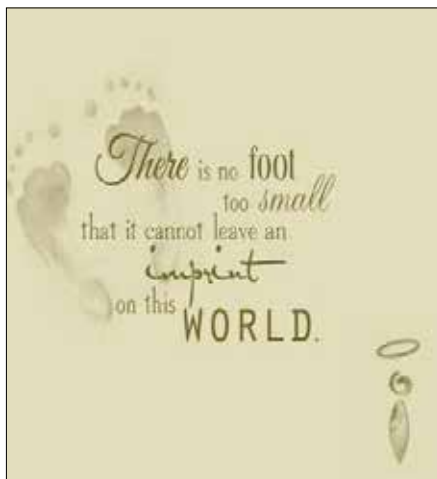
HEARTS 1st Annual Baby Loss Retreat to be held in Sherwood Park on Saturday, October 15th, 2022 from 10 am to 4 pm.

For anyone touched by the loss of a precious baby during pregnancy, or any time after birth. A day full of caring support, education, compassion, interaction and connection to others.

This day is offered at no cost to participants BUT space is limited. For more information and to register, please visit www.heartsbabyloss.com



In Memory of our Newly Discovered Angels



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!

All angels can be found on our website at www.angelwhispers.ca/angelwhispers.

LA Aspden
November 22, 2021

Haven Vona
January 15, 2022

Julia Grace McCready
due date April 18, 2022

Noel Vona
May 26, 2022

Noah Lindan Wood
July 20, 2022

Jack Donald Strauss
July 28, 2022

Hartley Tyler Nagle
August 3-21, 2022

Baby Harrington
August 6, 2022

John Alexander McCready
due date November 10, 2022

Angel Whispers Support Group Meetings

Our monthly Angel Whispers Support Group Meetings (Baby Loss Support Group, Miscarriage Support Group and Subsequent Pregnancy Support Group) changed format in September 2021 to become a parent to parent model.



I took a step back from facilitating the meetings after 19 years; instead parent volunteers run the meetings. The intent behind 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 Brooklynn, I felt as though it was time to allow others the opportunity and honour of sharing their stories and having their journeys 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. 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.

If you would love to volunteer but you aren't at a place in your grief where you feel you can help with our support group meetings, we are also in need of volunteers to help with fundraising. If this aspect of volunteering interests you, please contact me!

Our Volunteers

Ally

I came to know the Angel Whispers program in November 2020. I had just had my second miscarriage and was really struggling. Lori-Ann was a safe place to land.

I started attending the miscarriage support group and found it to be very helpful to engage with others who had similar experiences and were feeling some of the same things I was feeling. Through my journey I have realized the tremendous gap in support for those who have experienced miscarriage.

I would like to volunteer because I believe in this program. I have experienced the devastation and hopelessness of miscarriage and the benefits of connecting with others who get it.

Kira

Hi, I'm Kira, I am a stay at home mama of 4 children earth side and 4 Angel babies.

Angel whispers was a monumental turning point for me after experiencing 4 early miscarriages; the darkness that Lori-Ann and the group helped guide me through was significant.

The support and healing I found by co-facilitating meetings and offering support during my subsequent rainbow pregnancy was extremely beautiful, and really helped grasp the emotions I was experiencing.

I am beyond excited that life has opened up for me to volunteer for these meetings again, and reach back down into that space.

Maria

I had our first loss in June 2017 and I was very devastated and heartbroken. I didn't know how to process my loss and grief. I reached out to connect with Angel Whispers and met Lori-Ann. She has walked and journeyed with me in so many ways: through one on one meetings, group support, and events. Through countless hours, gentle reminders, resources, support, and helping me understand my feelings, it helped me and my family to move forward and learn to live life with loss (second loss January 2022).

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I would like to help Angel Whispers because we are incredibly grateful for the love and support we have received. We would like for other families to have an opportunity to get support and have an available resource to help them walk through their journeys. Thank you Lori-Ann and Angel Whispers for your relentless support.

Crystle

I was asked if I wanted to share my story, and what Angel Whispers means to me. I sat down to write and didn't know where to start. So I'll start at the beginning of my journey. I joined the group almost 5 years ago when my son Liam was born sleeping. I remember being so lost and didn't know what to do or how to deal with the grief of losing him. I met with Lori-Ann first for some one on one support. I then attended some group meetings and the Christmas ornament making workshop, where I was instantly welcomed. I met some awesome moms to talk to, who understood what I was going through as well.

I joined the committee to help plan the first Gala. I would email, call and visit different companies for donation items, telling them about the group, and my son's story. It was a way to share my story and bring awareness that there was a group who could help. I was also working with the Fort Sask Hospital at the same time to have a cuddle cot donated to the maternity ward in honour of my son. Lori-Ann asked me then to speak at the Gala about the cot and how I was honoring my son Liam. With the support of my new mom friends and Lori-Ann I faced my biggest fear (public speaking) and I prepared a speech and read it out to the few hundred people who were there. This was another way to honour him.

Now sitting looking back at all of these experiences, I couldn't and wouldn't have been able to do it without this group. Angel Whispers has been a major part of my grief story so far and will continue to be for many years. I now have my rainbow baby and look forward to the day we can make Christmas ornaments for his big brother.



September marks

20 years since the Angel Whispers Baby Loss Support Program was founded.

Twenty years of inspiring hope and healing, offering compassion and understanding to families

devastated by the loss of a baby. Over the course of those 20 years, Angel Whispers has been honoured to provide support to hundreds of heartbroken families.

Thank you to the families that have shared their journeys with us and to all of our dedicated volunteers that have given so much of their hearts and personal experiences to helping others!

Healing Opportunity

Coffee, Connection & Conversation - a monthly casual coffee night

Join Lori-Ann, Angel Whispers co-founder and Program Coordinator at our NEW Angel Whispers monthly in person group. This is an opportunity for Angel Whispers families to meet in a casual environment for coffee, connection and conversation.

Dates:

- Monday, October 24
- Monday, November 21
- Monday, December 19
- Monday, January 23
- Monday, February 27
- Monday, March 27



Time: 7-8pm

Location: Remedy Cafe (Savona Center), #110, 200 Festival Lane, Sherwood Park

Rainbow Baby and Pot of Gold Birth Announcements

Bobbi Elaine Regnier

Born on July 13, 2022 weighing 7lbs 5oz to loving parents Larissa and Brett and proud big brother Parker.

Bobbi is watched over from above by her sibling Baby R.

Lucas John Edward Burns

Born on July 14, 2022 weighing 6lbs 10oz to proud parents Leonora and Ronan and excited big sister Ella.

Lucas has two angel siblings celebrating his safe arrival.

Tyrese John

Born on July 28, 2022 weighing 6lbs 6oz to overjoyed parents Vicki and CJ.

Tyrese's sibling Baby John is celebrating with the angels.

Finnley August James Rolheiser

Born on August 18, 2022 weighing 8lbs 0oz to excited parents Natalie and Greg.

Finnley is watched over and protected by his two siblings in heaven.

Dexter Owen Ballard

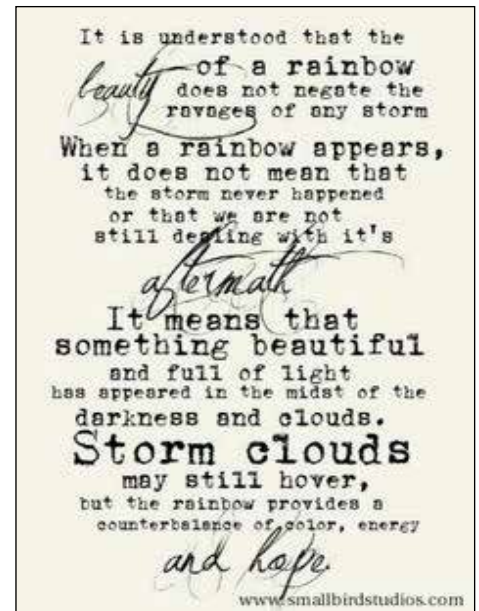
Born on August 23, 2022 weighing 8lbs 6 oz to loving parents Jamela and Travis.

Dexter's sibling Sweet Little Dumpling is watching over him from above and celebrating his safe arrival.

Oliver Alan Grayson Carrigan

Born on September 19, 2022 weighing 7lbs 10oz to proud parents Alanna and Jaa and excited siblings Braelon and Violet.

Oliver is watched over and surrounded with love by his big brother Beckett in heaven.





“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 have facilitated our monthly meetings over the last year - Bev, Trina, Angela, Natasha, Nav, Cara, Lareina, and Sarah
- To our Angel Whispers volunteers who help with our online silent auction - Crystle, Ryan and Maria
- To our Angel Whispers families who donate to the program with the gift of time and financial contributions, 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 Angel Whispers families for their generous financial contributions to Angel Whispers in memory of their precious Angel Babies
- To the individuals and businesses who have donated towards our online silent auction being held in October!

Donations made to Angel Whispers along with our fundraisers 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!



ANGEL WHISPERS BABY LOSS SUPPORT PROGRAM

September 12, 2022

Dear Angel Whispers friends & supporters,

October marks International Pregnancy & Infant Loss Awareness month, a month dedicated to honoring the babies that will forever be carried in the hearts of the families that love them instead of in their arms. In recognition of this significant month, we are holding an online silent auction benefiting the Angel Whispers Baby Loss Support Program.

Angel Whispers provides confidential individual and group support to broken-hearted parents grieving the loss of a baby during pregnancy or after birth. The program allows grieving families to connect with other parents on their grief journey so that they need not walk their journey alone. It provides a safe place to share and grieve the loss of their precious babies.

Angel Whispers is a vital program in our region that relies on donations, fundraisers and community partnerships to sustain supports to grieving families. **You can help!**

Funds raised through the online silent auction will help Angel Whispers continue to provide the critical support to grieving families, assisting Angel Whispers in maintaining the lifeline it creates for so many.

"Thank you for helping us accept the feelings and chaos that come with grief. Thank you for connecting us with other parents. Thank you for providing us with a safe environment to share our feelings. Thank you for honoring all of the babies who didn't get to live the lives we wanted them to. Thank you for the support that parents like us need. Thank you Angel Whispers". ~ An Angel Whispers Parent

It is with a grateful heart that we invite you to donate an item or experience for the Angel Whispers silent auction. We are hoping to have donations collected by the end of September, the auction will begin on October 15th, Pregnancy & Infant Loss Awareness Day.

Thank you for your support!

Sincerely,

Lori-Ann Huot

Lori-Ann Huot

Program Coordinator

Angel Whispers Baby Loss Support Program



780-974-7054

angelwhispersbabyloss@gmail.com

www.angelwhispers.ca/angelwhispers



Online Silent Auction Fundraiser Benefiting Angel Whispers

Stay tuned to Facebook <https://www.facebook.com/groups/163872575936086> (or search 'Angel Whispers online Silent Auction') and our website, www.angelwhispers.ca/angelwhispers for details about our silent auction starting in October!

Our auction goes LIVE on **October 15th, Pregnancy & Infant Loss Awareness Day**. If you are interested in donating an item for our auction, contact Lori-Ann @ 780-974-7054 or angelwhispersbabyloss@gmail.com.



Thank you to the following individuals/businesses/companies who have already donated an item or experience for our online silent auction! Your support will ensure the success of our Angel Whispers fundraiser! A full list of all donors will be available on our website, on social media and in our Spring 2023 newsletter! Thank you to our Angel Whispers families who have reached out to their families, friends and various businesses and have arranged for the donations!

Betty Dean
Canadian Tire
Caught in the Cookie Jar
Comic Strip
Crafty-ish
Crystle & Ryan Stadey
Daisy Fuentes & Elise Candido
DD Reno Contracting Inc
Denise Ouellette (Tocara)
Donna & Vic Stadey
EECOL
Enjoy Center/Salisbury Greenhouse
Enlightenme Stones & Jewelry
Escape City
Evolution Psychology
Fairmont Banff Springs

Home Depot Edmonton
John & Cathy Couzelis
Keylime
Lamont Value Drug Mart
Local Public Eatery
Mel Martins
Monster Golf
Motion
No Frills (Ottewell)
Rabbit Hill Snow Resort
Sundance Balloons
Wildlife Creations
Yuk Yuks



Pregnancy and Infant Loss Remembrance Day

From Wikipedia, the free encyclopedia



Pregnancy and Infant Loss Remembrance Day is an annual day of remembrance observed on October 15 for pregnancy loss and infant death, which includes miscarriage, stillbirth, SIDS, ectopic pregnancy, termination for medical reasons and the death of a newborn. Pregnancy and infant loss is a common experience that has historically been complicated by broadly applied social and cultural taboos to stay silent, a condition that the World Health Organization advocates reversing in favor of open expression. A growing number of public figures have come out in support of open expression, with many leading by example through the disclosure of their personal experiences of pregnancy loss and infant death.

Pregnancy and Infant Loss Remembrance Day is observed in locations including Canada, United States, Australia, Ireland and the United Kingdom. Recognition of the holiday has grown since the early 2000s. The day of remembrance includes candle-lighting vigils and a Wave of Light, a worldwide lighting of buildings and monuments.

Pregnancy and Infant Loss Remembrance Day serves to promote greater awareness and support for the estimated 1 in 4 individuals and families whose lives are irrevocably altered by the death of their children during pregnancy, at birth, and in infancy. Experiences of loss vary for each individual and family unit; common effects include depression, anxiety, changes in relationships, development of unhealthy coping mechanisms, and Post Traumatic Stress Disorder (PTSD). These effects are often underestimated, misunderstood, or overlooked by health care professionals, friends, and family members, especially when concerning pregnancy loss related bereavement and subsequent grief. Advocates believe that a formalized day of observation increases public awareness and promotes greater research and understanding to aide in the creation and establishment of programs, resources and services to support and provide assistance to survivors of baby loss and their families, enabling them to overcome their trauma and integrate their bereavement into their life in a healthy manner.

In 2017, the World Health Organization (WHO) reported that there were 4.1 million deaths of infants that were less than one year old. WHO estimated an annual occurrence of 2.6 million stillbirths and between 17 and 22 percent of pregnancies that result in miscarriage. A growing number of public figures have disclosed their personal experiences of pregnancy loss and infant death including Nicole Kidman, Whitney Houston, Gweneth Paltrow, Ali Wong, Michelle Obama, Chrissy Tiegan, John Legend, Meghan Duchess of Sussex and Mark Zuckerberg.

Individual citizens have worked with their representatives to introduce legislation at the municipal, state, provincial and national levels of government in an effort to have October 15 recognized as Pregnancy and Infant Loss Remembrance Day. As of March 2021, the day has been formally

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recognized in the United States, Canada, and Australia while the United Kingdom observes October 15 as part of their Baby Loss Awareness Week.

International Pregnancy and Infant Loss Remembrance Day

International Pregnancy and Infant Loss Remembrance Day is observed in several localities but is not universally recognized. Individuals, families, and organizations from around the world continue to promote greater public awareness of the prevalence of baby loss and the intense grief that often accompanies the experience. The number of locations that officially observe October 15 as Pregnancy and Infant Loss Remembrance Day has grown since the early 2000s.

The official awareness colors of the cause are pink and blue and are used for the campaign's awareness ribbon.

Wave of Light



Founded in 2003, the Wave of Light invites baby loss families, friends, loved ones and supporting organizations from around the world to join in honor and remembrance on October 15 at 7:00 pm in all time zones. Beginning in the first time zone, illuminations and candles remain lit for a period of at least one hour, with the next time zone lighting in its turn, moving westward as the Wave of Light circumnavigates the globe. Buildings, landmarks, monuments, and venues are illuminated while individuals, families, friends, and supporting organizations participate in lighting candles in remembrance.

Healing Opportunity

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.

Healing Opportunities

October 15th - International Wave of Light



At 7:00 pm in all time zones, families around the world will light candles (and leave the candle burning for at least an hour) in memory of all of the precious babies who have been lost during pregnancy or

in infancy. Too many families grieve in silence, help to break the silence.



High Level Bridge Lighting

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

- Saturday, October 15, 2021
- Location: Ezio Farone Park, 11004- 97 Ave., Edmonton
- Time: Dusk



Angel Whispers Christmas Healing Hands Workshop



Traditionally each December, we have planned a Saturday afternoon for our Angel Whispers families to come together to create a memorial ornament

in memory of the babies that they will forever carry in their hearts. Throughout Covid we offered this workshop virtually with ornament kits being delivered to families before the workshop.

This year we will once again be planning an in person Healing Hands Workshop!

- Tentative Date: Saturday, December 17, 2022
- Time: 1pm
- Location: TBA

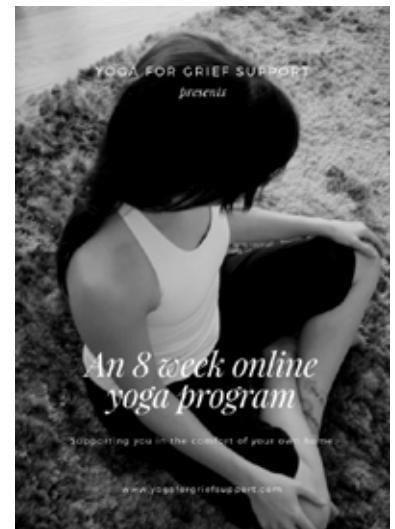
Stay tuned to Facebook or our website, www.angelwhispers.ca/angelwhispers for more information.

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.



Healing Opportunity

Pregnancy & Infant Loss Support Centre

- Website: <https://pilsc.org/>
- Call: 1-825-205-7918
- email: info@pilsc.org
- Helpline Available: 9am-11pm MST - 7 days a week

The Pregnancy & Infant Loss Support Centre offers the following supports:

- Acute Crisis Line
- Text (1-888-910-1551) or Web Chat Online Support
- Professional 1:1 Help
- Loss Mentors
- Peer Support Groups (Grieving with Living Children, Grieving without Living Children, Partners in Loss, Art Therapy Group, Difficult Decisions Peer Support Group & Pregnancy After Loss Peer Group)



Pregnancy & Infant Loss
support centre

The Pregnancy & Infant Loss Support Centre is a non-profit registered charity that helps families obtain grief support on their path to

healing after pregnancy or infant loss. Families just like yours can work with us remotely or in-office and get support from our team with a variety of services that address each stage of the bereaved journey. We offer FREE specialized peer support groups to meet you exactly where you are. Our group facilitators are either mental health professionals or peers who have also experienced loss.

Upcoming Meeting Dates:

As much as we had hoped to be returning to in person meetings for the fall, unfortunately we don't have enough volunteer support to allow the return to in person meetings just yet. We will continue to offer virtual meetings via zoom for the remainder of this year in hopes of finding more volunteers to help with in person meetings and give them time to be trained. The intention is to return to in person meetings come January 2023. We appreciate your understanding.

For those wanting an in person experience in addition to our virtual support group meetings, I would encourage you to attend the Parent Care in person support group meetings (<https://www.parent-care.ca/>) or register for the HEARTS Baby Loss Retreat being held on October 15th (<https://www.heartsbabyloss.com/>).

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

- October 2, 2022
- November 6, 2022
- December 4, 2022
- January 8, 2023
- February 5, 2023
- March 5, 2023

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

- October 16, 2022
- November 13, 2022
- December 11, 2022
- January 15, 2023
- February 12, 2023
- March 12, 2023

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

- October 16, 2022
- November 13, 2022
- December 11, 2022
- January 15, 2023
- February 12, 2023
- March 12, 2023

For those wanting an in person experience in addition to our virtual support group meetings, join us for our new in person monthly coffee night (see details on page 6). You are encouraged to attend the Parent Care in person support group meetings (<https://www.parent-care.ca/>) or register for the HEARTS Baby Loss Retreat being held on October 15th (<https://www.heartsbabyloss.com/>).



www.angelwhispers.ca/angelwhispers

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

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