

# Angel Whispers

Spring/Summer 2023

## *Hello Angel Whispers families and supporters,*

Spring has sprung and it's time for our Spring/Summer Angel Whispers Newsletter! Spring is a breath of fresh air after several months of cold, snow and darkness. It's a promise of warmer days and more daylight as the snow begins to melt followed soon after by flowers blooming and the trees budding.

Life seems more hopeful in spring and summer and hope is so critically important in grief. Hope is defined as *"an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life"*. Hope can feel elusive or lost when you have experienced the devastating and heartbreaking loss of a baby. And yet hope connects us to an expectation of good that is yet to be.

In the early days, weeks and sometimes months it can be hard to imagine that life can be good again when you are overwhelmed with grief. My hope for you is that you can have faith in knowing that the intensity of your grief experienced in those early days will begin to soften and become easier to live with. I do believe (and have personally experienced) that we can experience healing in our grief. Healing doesn't mean we "move on" or "get over" our grief, healing means we learn to live with it, and that our hearts can heal around the hole that will forever remain after the loss of a baby. Nothing can fix grief, but with time and support I promise you that your grief will be less overwhelming.

Even though grief will soften there are times that our grief can and often will intensify again. We call those moments "grief bursts" and those moments can last for a short time or for several days. What triggers grief bursts? Well just about anything can; a song on the radio, seeing a baby or expectant mother, your due date, holidays etc. That list of triggers can go on and on. We can't stop those things from happening but what does happen is that the longer we grieve, the more we learn about how to handle those triggers and what we need to get through the grief bursts.

As we enter spring, we approach what are often considered significant triggers for bereaved parents: Mother's Day and Father's Day, significant dates designed to honour both mothers and fathers. These days are particularly difficult for parents that have lost a child because in addition to grieving for their child they grieve for who they are without their child. Parents often struggle with the identity asking questions like "who am I now without my child?".



*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](http://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](mailto:angelwhispersbaby-loss@gmail.com)

Phone: 780-974-7054



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Questions are often complicated by society's response because often parents aren't acknowledged, as such when others don't see a child with them. What defines a parent is not the physical presence of a child but the love they hold in their heart for their child.

This newsletter edition is dedicated to the Mothers and Fathers grieving the loss of their sweet babies. Angel Whispers recognizes that a parent becomes a parent the moment of conception; death ends a life but doesn't end that relationship. You will always be the Mother or Father to your baby and your baby will forever be your child. You deserve to be recognized and celebrated on Mother's Day and Father's Day. This newsletter includes information on Bereaved Mothers and Fathers Days, days specifically acknowledging bereaved parents. In addition, you will find upcoming Healing Opportunities for you to be able to honour your little one and connect with other bereaved parents.

A note about our monthly support group meetings: we returned to in person meetings in January, the first in person meetings since Covid began. Because we recognize that some families feel more comfortable joining a virtual meeting, our meetings are alternating between in person and virtual so we can try to meet everyone's unique needs as they grieve. More information and dates for our meetings are included in the following pages.

Our next newsletter edition will be published in September as our newsletters are now released twice each year - Spring/Summer and Fall/Winter. If you have something to share in the next newsletter (your angel, your story or a poem) please connect with us at [angelwhispersbabyloss@gmail.com](mailto:angelwhispersbabyloss@gmail.com). We would be honoured to include your submission.

Wishing you all a gentle spring and summer filled with hope. Embrace moments of joy and laughter, we need to give ourselves permission to experience joy alongside the sadness. Allowing joy lightens the heaviness of our grief, and in that lightness hope is more tangible.

With Love and Understanding,

*Lori-Ann*

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

## Am I Not A Mother?

by Gail Fasolo

Am I not a mother  
 On this Mother's Day?  
 I had a baby, but she's gone.  
 Death took her away.

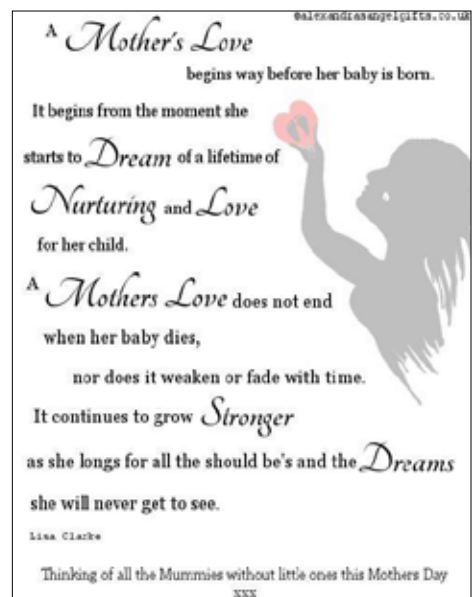
Hopes and dreams have vanished  
 a happy time turned cold.  
 My motherhood-where is it now?  
 Gone? Or put on hold?

Am I not a mother  
 even though my child died?  
 Does anyone know my heartbreak  
 or the anguish felt inside?

Special gifts and flowers  
 but who'll remember me?  
 As I stand and shed some tears  
 at your graveside where I'll be.

Mother's Day-so painful  
 but I will make it through.  
 Yes, I am a mother!  
 but God takes care of you.

*In Memory of Christina  
 stillborn February 5, 1991*



# Daddies Grieve Too

By Lori-Ann Huot

The loss of a baby has a profound impact on a parent – sadly the grief that many fathers feel often goes unnoticed. There seems to be little recognition of the fact that fathers experience feelings associated with lost dreams, loneliness, failure and the loss of their identity.

Society generally seems more concerned for the well-being of the mother as men are usually expected, or expect from themselves, to be the strong and supportive partner in the relationship. As a result, their grief is ignored or minimized as they are expected to heal much quicker.

Grief is an individual and unique experience regardless of gender. However, men are not given permission to express the range of emotions that women are. Men are generally less open to talk about their feelings of hurt and loss than women, however these feelings are present and need to be recognized.

The physical nature of pregnancy may contribute to the gender differences in society as women directly experience the loss as the baby is physically connected to them – many women feel as though they lose a part of themselves when a baby dies. The women's physical changes after the loss are constant reminders of the baby that was lost.

Men, by nature, are “fixers”; they want to be able to fix anything that is broken. However a broken heart from the loss of a baby cannot be fixed, and this can be very difficult for a man to accept. Some dads may feel the pressure to resolve their partner's grief and may suggest that a new baby may “fix” the grief, however their partner may not be ready for this. A subsequent pregnancy can provide some healing and may fill an emptiness in your arms and your heart, however

another baby could never replace the baby that was lost.

Many men cope with their grief with attempts to keep busy; many men return to work quickly as a result. Deborah Davis (1996) states five methods of how men may avoid their grief., including:

- silence – not expressing one's feelings;
- secrecy – expressing one's emotions only in private;
- anger – becoming easily frustrated instead of expressing feelings of hurt and sadness;
- addiction – altering one's emotions through the abuse of substances like alcohol and drugs;
- action – making oneself busy with work or hobbies.

If a woman is devastated by her own grief, her bereaved partner may feel as though he has nobody he can talk to, which may lead him to put his own feelings on hold. Family, friends and colleagues may overlook a father's grief and may not offer support – men tend not to have the same social networks as women do, instead relying on their partner for emotional support. Many fathers are overwhelmed with concern for their partners and may avoid talking about their own feelings in order to protect their partners.

Losing a baby is one of the most difficult experiences for a couple to endure. Communication in the relationship is critical in order to be able to integrate

[Con't. on pg. 4](#)

## A Dad Hurts Too

People don't always see the tears a DAD cries,  
His heart is broken too when his beloved child dies,  
He tries to hold it together and tries to be strong,  
Even though his whole world's gone wrong,  
He holds on to her as her tears fall,  
Comforts her throughout it all,  
He goes through his day doing what he's suppose to do,  
But a piece of his heart has been ripped away too,  
So when he's alone he lets out his pain,  
And his tears come down like pouring rain,  
His world has crashed in all around him,  
All that was bright has gone completely dim,  
He searches for answers but none are to be found,  
Who offers to help a DAD up when he's hit the ground,  
He smiles through his fears,  
Struggles trying to hold in his tears,  
But what you see on the outside is not always real.  
Men don't always show how they really feel,  
He feels he has to be strong for the others,  
But DADS hurt too, not just the mothers,

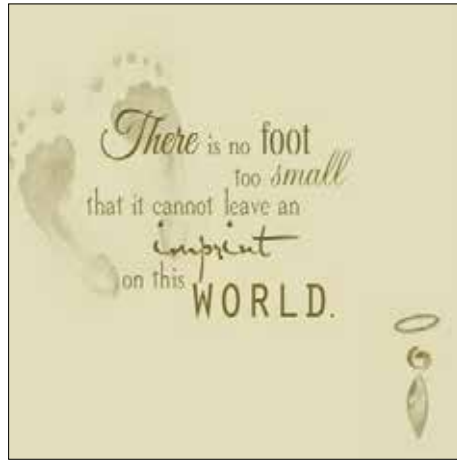
[www.lamamothertoanangel.com](http://www.lamamothertoanangel.com)  
& [facebook.com/lamamothertoanangel](https://www.facebook.com/lamamothertoanangel)  
Dads remember we're here for you too!

the loss of the baby into a couple's lives and journey through the grief effectively.

After my husband and I lost Loren, I felt as though he was able to move on quickly and that upset me. Once I shared how I was feeling with him, he was able to express to me that he was, in fact, grieving, but he was trying to be strong for me. We made a commitment to each other that we would no longer hide our feelings from each other and that we would walk this path together, supporting each other. Our marriage was strengthened through our experience.

It's important for men and women to listen to their partners and to respect each other's differences in the journey, recognizing that their partner's needs and feelings may not always be the same as their own and that each person will have their own unique way of expressing their emotions. These differences do not indicate that one partner feels the loss more or less intensely than the other.

# In Memory of our Newly Discovered Angels



*Baby J McNeill - 2006*

*Baby A McNeill - 2020*

*Baby H McNeill - 2020*

*Baby L McNeill - 2021*

*Haven Vona  
January 15, 2022*

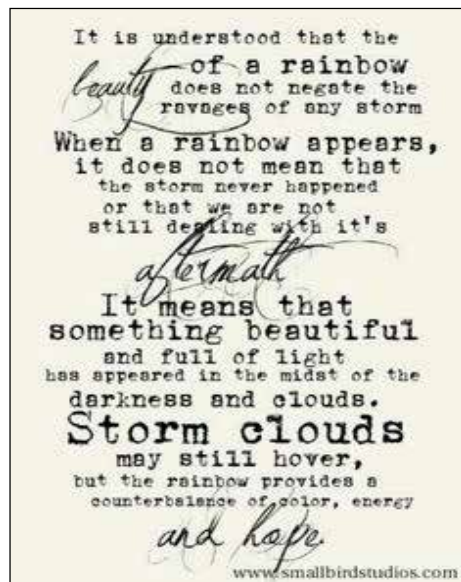
*Noel Vona  
May 26, 2022*

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](http://www.angelwhispers.ca/angelwhispers).*



## Rainbow Baby and Pot of Gold Birth Announcements

**Michael Rickey McNeill**

Born on January 30, 2023 to loving parents Kandy and Andrew and excited big brother Marcus. Michael is watched over and protected by his 4 siblings in heaven.

# Angel Whispers Support Group Meetings

A note about our monthly support group meetings, we returned to in person meetings in January for our Baby Loss and Miscarriage Support Groups, the first in person meetings since Covid began. Because we recognize that some families feel more comfortable joining a virtual meeting, our meetings are alternating between in person and virtual so we can try to meet everyone's unique needs as they grieve. Our Subsequent Pregnancy Support Group Meetings will continue to be held virtually to keep our expectant mommas safe from viruses. In person meetings will continue only if we get families attending. Our dedicated Angel Whispers Volunteers travel quite a distance to facilitate the meetings and we want to ensure they are not driving those distances and taking time away from their families if no one attends the in person meetings.

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

- April 2 (virtual)
- May 7 (in person)
- June 4 (virtual)
- No meetings in July or August
- September 10 (in person)

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

- April 16 (virtual)
- May 29 (in person)
- June 11 (virtual)
- No meetings in July or August
- September 17 (in person)

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

- April 16 (virtual)
- May 29 (virtual)
- June 11 (virtual)
- No meetings in July or August
- September 17 (virtual)

Our Support Group Meetings do not meet in the summer (July and August) to give our volunteers a well deserved break. Our Coffee Connection Nights are held throughout the summer (more information in this newsletter). One on one support is also available, to book an appointment contact Lori-Ann at 780-974-7054 or by email - [angelwhispersbabyloss@gmail.com](mailto:angelwhispersbabyloss@gmail.com).

### Healthy Grieving

*Although saddened, you communicated honestly with friends and family.*

*You tend to your basic self-care needs.*

*You have accepted the reality of your loss.*

*Although you may occasionally have a self-destructive thought, it passes quickly and the majority of your focus is moving forward.*

*You have discovered healthy outlets for your anger.*

*You realize that your world has changed and are sad about this change, but believe the future may have good things in store for you.*

*You are facing your feelings.*

*Although intensely sad, you believe that "this too shall pass."*

### Unhealthy Grieving

*You are avoiding friends and family for a prolonged period of time (over three weeks).*

*You are not eating well, sleeping well or tending to your basic self-care needs.*

*You are in denial about your loss or still trying to "go back in time" to change the outcome.*

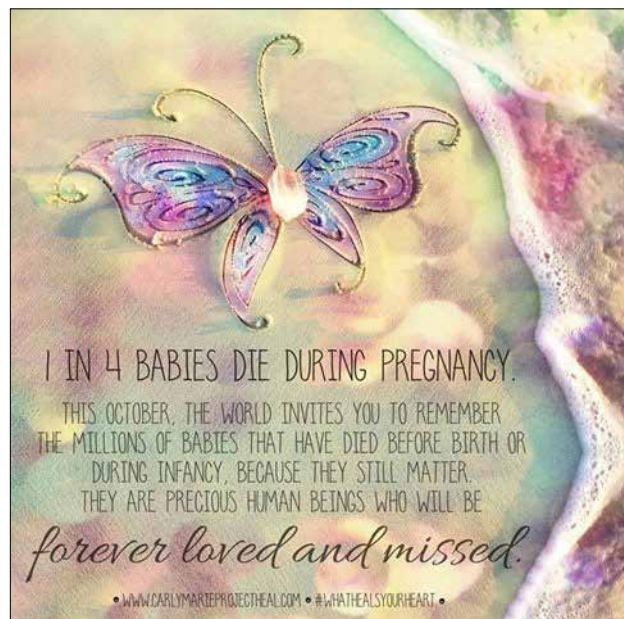
*You have persistent, obsessive or strong self-destructive thoughts (seek help immediately).*

*You take your anger out on yourself or those people close to you (seek help immediately).*

*You have become immobilized by depression and cannot see hope for the future (seek help immediately).*

*You are masking your feelings through self-medication (prescription, non-prescription drugs, or alcohol).*

*You feel your pain will never end.*



# Healing Opportunities

## International Bereaved Mother's Day Sunday May 7, 2023



The creator of **International Bereaved Mother's Day** said about this special day... *"This day was created to get people to start talking about the real meaning of Mother's Day. Do you know who started it? Anna Jarvis founded the traditional Mother's Day to honour her mother who experienced the death of 7 of her children and somehow through the years it has turned into a commercialized mess that card companies make millions of dollars from. This special day was created in 2010 to honour and celebrate the mothers who carry some if not all of their children in their hearts rather than their arms. In our modern day society, mothers who are grieving the death of their babies and children are usually forgotten. The traditional Mother's Day has proven to be an emotionally difficult day for so many mothers around the world. Just because your baby died does not mean that you are not a mother anymore. You are your baby's mother forever and people need to start recognizing this fact."*

## International Bereaved Father's Day

will be celebrated on Sunday, August 27, 2023 to honour and celebrate fathers who carry their babies in their hearts instead of their arms.



## Coffee, Connection & Conversation

Coffee, Connection & Conversation - a monthly casual coffee night Join Lori-Ann, Angel Whispers co-founder and Program Coordinator at this 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, March 27
- Monday, April 24
- Monday, May 29
- Monday, June 26
- Monday, July 24
- Monday, August 28
- Monday, September 25



Time: 7-8pm

Location: Remedy Cafe (Savona Center), #110, 200 Festival Lane, Sherwood Park. Free 2hr underground parking in the parkade directly below Remedy (you must register your license plate).



# Angel Whispers is looking for volunteers!

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. I now focus on all the one on one support for Angel Whispers families along with all the day to day administration and operations of Angel Whispers.

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](mailto: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!

The grief of a Grieving Mother is the most intense grief known. When a child dies, parents feel that a part of them has died, that a vital and core part of them has been ripped away. The grief caused by their child's death is not only painful but profoundly disorienting. Children are not supposed to die. These parents are forced to confront an extremely painful and stressful paradox; they are faced with a situation in which they must deal both with the grief caused by their child's death and with their inherent need to continue to live their own lives as fully as possible.

*fb/grievingmothers*



## Ask My Mom How She Is

My Mom, she tells a lot of lies,  
She never did before,  
But from now until she dies,  
She'll tell a whole lot more.

Ask my Mom how she is  
And because she can't explain,  
She will tell a little lie  
Because she can't describe the pain.

Ask my Mom how she is,  
She'll say "I'm alright,"  
If that's the truth, then tell me,  
why does she cry each night?

Ask my Mom how she is,  
She seems to cope so well,  
She didn't have a choice you see,  
Nor the strength to yell.

Ask my Mom how she is,  
"I'm fine, I'm well, I'm coping,"  
For God's sake Mom, just tell the truth,  
Just say your heart is broken.

She'll love me all her life,  
I loved her all of mine,  
But if you ask her how she is,  
She'll lie and say she's fine.

I am Here in Heaven,  
I cannot hug from here,  
If she lies to you don't listen,  
Hug her and hold her near.

On the day we meet again,  
We'll smile and I'll be bold,  
I'll say, "You're lucky to get in here, Mom,  
With all the lies you told!"

## Do you want to volunteer?



## Just For Today For Bereaved Parents

by Vicki Tushingham

Just for today I will try to live through the next 24 hours  
and not expect to get over my child's death,  
but instead learn to live with it, just one day at a time.

Just for today I will remember my child's life, not just her death,  
and bask in the comfort of all those treasured days  
and moments we shared.

Just for today I will forgive all the family and friends  
who didn't help or comfort me the way I needed them to.  
They truly did not know how.

Just for today I will smile no matter how much I hurt on the inside,  
for maybe if I smile a little,  
my heart will soften and I will begin to heal.

Just for today I will reach out to comfort a relative or friend of my child,  
for they are hurting too,  
and perhaps we can help each other.

Just for today I will free myself from my self-inflicted burden of guilt,  
for deep in my heart I know if there was anything in this world  
I could of done to save my child from death,  
I would of done it.

Just for today I will honor my child's memory  
by doing something with another child  
because I know that would make my own child proud.

Just for today I will offer my hand in friendship  
to another bereaved parent  
for I do know how they feel.

Just for today when my heart feels like breaking,  
I will stop and remember that grief is the price we pay for loving  
and the only reason I hurt is because  
I had the privilege of loving so much.

Just for today I will not compare myself with others.  
I am fortunate to be who I am  
and have had my child for as long as I did.

Just for today I will allow myself to be happy,  
for I know that I am not deserting her by living on.

Just for today I will accept that I did not die when my child did,  
my life did go on,  
and I am the only one who can make that life worthwhile once more.

## Father's Day

A gift for you on Fathers Day,  
What on earth could it be?  
I know the gift you really want,  
Is to once again, have me.  
Or perhaps the gift of understanding,  
To make sense of a senseless loss.  
I'm sorry, my dearest Daddy,  
But for those gifts, you must talk to the  
boss.

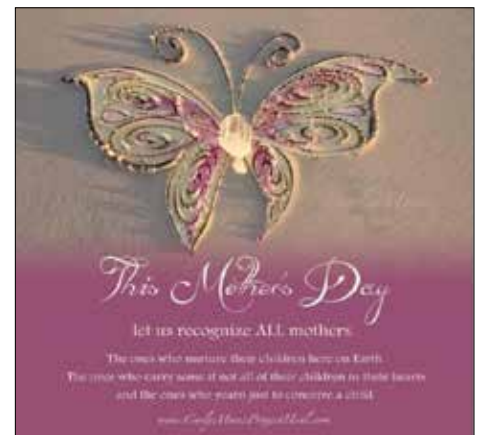
The gifts that I can give today,  
Are memories, both sad and sweet.  
From the touch of your hand on  
Mummy's tummy,  
To my tiny little feet.

Remember the joy you felt inside,  
When you found out you would be my  
Daddy?  
The great big smiles upon your face,  
You were over the moon, you were so  
happy.

Remember when you felt me move,  
The wonder and love you'd feel?  
Remember it today Daddy,  
It just might help you heal.

Remember the little cuddles we had,  
And the moments that we shared.  
Remember my little nose,  
And the colour of my hair,  
I love you dearest Daddy, you know that  
this is true.  
Just keep your memories of me alive,  
And I will always live in you.

©Sharon Swinney 1995







***“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, Sarah and Ally
- 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 Angel Whispers families for their generous financial contributions to Angel Whispers in memory of their precious Angel Babies



A HUGE HEARTFELT THANK YOU to all the individuals and businesses that donated towards our 2022 online silent auction! Thank you to everyone who supported the fundraiser by bidding on a silent auction – congratulations to the high bidders! \$3800 was raised for the Angel Whispers Baby Loss Support Program! Your support helps Angel Whispers to continue to provide the critical supports offered to heartbroken families grieving the loss of a baby.



Thank you to the following individuals and businesses for donations towards our 2022 online silent auction:

Betty Dean, Canadian Tire (Emerald Hills, Sherwood Park), Canadian Tire (Wye Rd., Sherwood Park), Caught in the Cookie Jar, Comic Strip, Crafty-ish Crystle and Ryan Stadey, Daisy Fuentes and Elise Candido, DD Reno Contracting Inc, Denise Ouellette (Tocara), Donna and Vic Stadey, EECOL, EmpowerFit, Enjoy Center/Salisbury Greenhouse, Enlightenme Stones and Jewelry, Escape City Evolution Psychology, Fairmont Banff Springs, Home Depot (Edmonton), John and Cathy Couzelis, Keylime, Lamont Value Drug Mart, Local Public Eatery, Lori-Ann and Rene Huot, Maria and David Desbiens, Mel Martins, Monster Golf, Motion Industries, Mystery Towns, No Frills (Ottewell), Rabbit Hill Snow Resort, Sabrina Huot, Sarah Herrewynen (Young Living), Straightline Chrysler, Wild Life Creations and Yuk Yuks.

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!

*Thank you!*  
*You make a difference.*

## I see you Momma

I see you looking at my picture. I see you touch your fingers against the cool glass. I see you fighting back the tears and I see the lone tear as it slides down your cheek. I see you trying to be brave. I see you putting a smile on your face as you go about your days.

I hear you Momma.

I hear you crying some nights, even with your head in the pillow I still hear you. I hear you say the words 'I am doing ok' when people ask how you are. Most of the time it's true, you are ok but I hear you. When they walk away sometimes you say 'I am really not okay' and I hear you. When you whisper the words 'I love you and I miss you'. So softly that anyone else would miss it, I hear you.

I feel you Momma.

I feel your love for me. I feel your pain. I feel your sadness. Remember though Momma, I feel everything, so when you are happy and the smile lights up your face, I feel that also. I know you feel me in your heart but know that you are in mine too. I feel you.

I love you Momma.

I may be in Heaven; you may not hear my voice telling you. You may not feel my little arms around your neck, hugging you tightly. You may not feel my kiss against your cheek. But I know you feel me, I know in your own way you hear me. Never forget Momma that I love you, Always and forever.

In loving memory of Sophie Monaghan  
By: Kelly Monaghan - Sophie's mommy



## Dear Mommy, On Mother's Day

By Donna Aurora

You have created every part of me;  
You put me together in my mother's  
womb... When I was growing there  
in secret, You knew that I was there.  
*Psalm 139:13-18*

Today I celebrate you mommy, but I  
do this from up above;  
I know this day is sad for you, but may  
it be full of Love.

You need not worry for I am safe in  
God's warm embrace,  
I am happy here and play all day with  
all my angel friends.

As you sit and cry in daddy's arms,  
some may not comprehend  
That your tender heart will forever  
miss the child you grieve, that's me!  
But know that you are a mom, MY  
mommy you will always be...

On this day it may feel cold when  
others seem not to care;  
I wish I could take away the lasting  
pain you seem to bear.

I cherished every day we had and if

you only knew,  
The kicks and flutters you often felt  
were the feet and tiny wings I grew.

When you close your eyes at night and  
begin to dream,

Know that I am with you, though I  
cannot be seen.

Feel the little kisses on your cheek,  
and listen to the prayers that I speak;  
And in the stillness of your heart, hear  
my wee voice sing,  
Songs of love and peacefulness mark  
the gifts I bring.

Know that I wait at heaven's gate  
patiently for you and dad,  
We'll all be together again, so try not  
to be too sad.

Thank you for giving me the gift of  
life, and taking good care of me,  
On this Mother's Day remember that  
I Love You for Eternity...

*With Love and Hugs,  
Your Heavenly Angel*

## Healing Opportunity Pregnancy & Infant Loss Support Centre



Difficult Decisions Peer Support  
Group & Pregnancy After Loss  
Peer Group)

- Website: <https://pils.org/>
- Call: 1-825-205-7918
- email: [info@pils.org](mailto:info@pils.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,

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.

## 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

## Healing Opportunity Dr. Alan Wolfelt Community Grief Seminar

**Date:** Wednesday, May 11, 2023

**Time:** evening

**Cost:** FREE (registration required)

**Registration & Information:** <https://www.parkmemorial.com/mwdw>

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.

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To learn more about Dr. Wolfelt and his Centre for Loss and his extensive Resource Library, visit <http://www.centerforloss.com/>



Park Memorial  
Funeral Home

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# Men and Women Grieve Differently

## From the March of Dimes



Men and women grieve differently. There are a number of reasons for this. Variations in your personalities and the way you've been raised, as well as how bonded you were with the baby, are primary factors.

Generally, women are more expressive about their loss, more emotional about it, and more likely to look for support from others. Since society expects men to be strong and unemotional, they most often grieve in more solitary and cognitive ways. Men also tend to be more oriented to fact-gathering and problem-solving and may, therefore, not choose to participate in support networks which are oriented toward talking and feeling. While women may cry and dwell on their memories of the baby, men may express their grief by burying themselves in their work. Keep in mind, though, that because grieving is such an individual experience, the opposite may also be true.

These differences in style may be misinterpreted. If you're a woman and your partner doesn't appear to be as upset as you are, you may believe that he doesn't care about the loss of the baby, and you may feel abandoned by him. If you're a man, on the other hand, you may feel that your wife will never get over her mourning. It's important

to remember that how a person acts is not always a true indicator of his or her inner feelings.

There are differences, also, because parents experience different levels of bonding with a baby. The bond between a pregnant woman and the baby growing inside her is unique. Generally, it grows more intense as the pregnancy progresses. For the father, the baby may seem less "real." Although he may begin bonding during pregnancy as he experiences physical signs of the baby, like seeing an ultrasound picture or feeling the baby kicking, a father's real bonding may not develop until after the baby is born. For this reason, men may seem less affected when the loss of the baby occurs early in pregnancy.

These differences may cause conflict in a relationship as you struggle together and separately to come to terms with the loss of your baby. But there are things you can do to help your relationship survive:

- Be caring about each other and your feelings and needs.
- Keep an open line of communication and share your thoughts and emotions.
- Accept your differences and acknowledge each other's pain.
- Assure one another of your commitment to your relationship.
- Talk about your baby and find ways to remember him or her.

# Healing Opportunities

## Annual Spring Remembering Our Losses Memorial Service

- Date: Sunday May 28, 2023
- Time: 1 pm
- Location: Evergreen Funeral Home, 16102 Fort Rd. NW Edmonton
- Theme: Dream a Little Dream

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. There will be a small ceremony and tea followed by a graveside ceremony at Northern Lights Cemetery.

If you are unable to attend but would like your baby acknowledged, please contact Lori-Ann at [angelwhispersbabyloss@gmail.com](mailto:angelwhispersbabyloss@gmail.com).

## 11th Annual Baby Steps Walk to Remember

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

- Date: Sunday, August 20, 2023
- Location: Alberta Legislative Grounds
- Registration and details available <https://www.babystepswalk.com/>



# Healing Opportunity

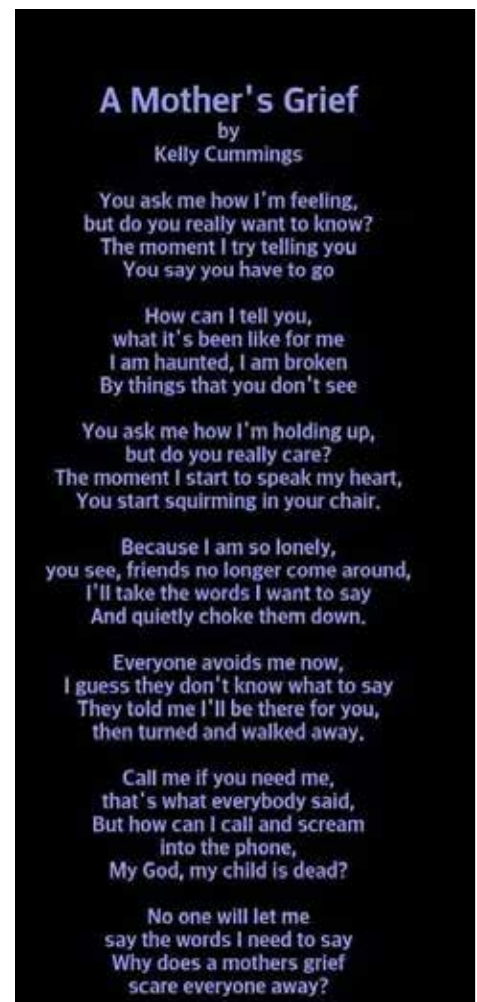
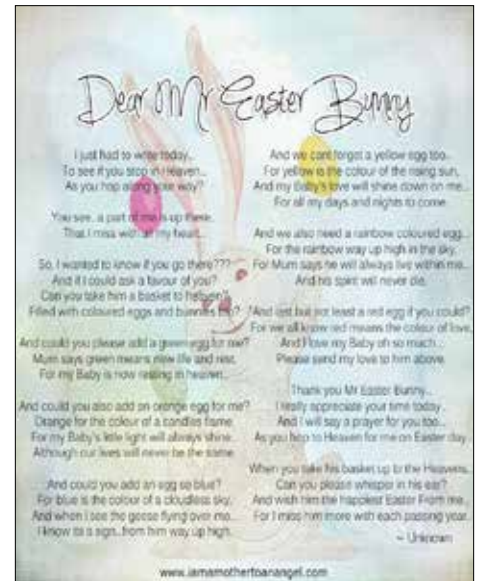
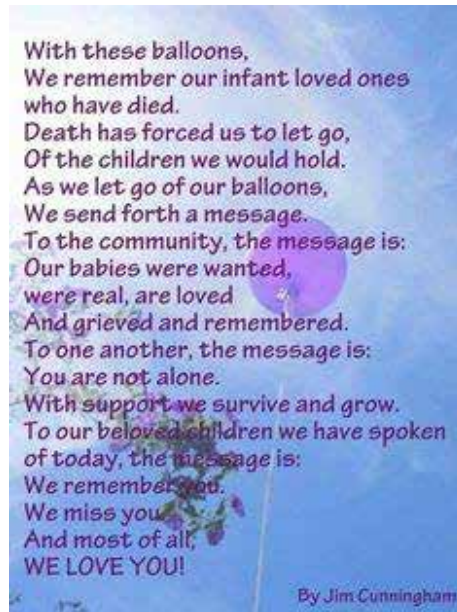
## Annual Angel Whispers Picnic and Bubble Release!

Summer 2023

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 Bubble Release! Families welcome! We will no longer be doing a balloon release as we realize the environmental impact and potential harm to animals, instead we will be doing a bubble release

- Please bring an appetizer, salad or dessert to share with everyone!
- Bring lawn chairs and/or a 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 and details!



### When Mother's Day Is A Trigger

@NEDRATAWAB

Reasons	Ways To Cope
<ul style="list-style-type: none"> <li>• Being abandoned by your mother</li> <li>• Pregnancy loss</li> <li>• Difficulty conceiving</li> <li>• Not having a healthy relationship with your mother</li> <li>• Your mother is deceased</li> <li>• Being hurt by your mother</li> <li>• Grieving the loss of a mother-like relationship</li> <li>• Being away from your mother</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to do things that make you feel happy</li> <li>• Spend time with people who understand your feelings</li> <li>• Be intentional about building relationships with mother-like figures</li> <li>• Allow yourself to feel the difficult feelings without rushing them away</li> <li>• Start a new Mother's Day tradition</li> <li>• Go to therapy prior to Mother's Day to explore your feelings</li> </ul>

# Calling Daddy From Heaven - Author Unknown

I'm calling you Daddy, from Heaven  
Because we are apart,  
But the phone won't ring on earth today;  
In heaven we call heart to heart.

I just want to say, "I love you,"  
And I think of you each day.  
I hear you say you love me  
Each time you kneel to pray.

Sometimes I watch you working  
At a job you do so well.  
I tell all my friends in Heaven,  
"That's my Daddy, and ain't he swell!"

I'm working on a project  
To send you as a gift,  
And when you finally see it,  
Your spirits will really lift.

I'm painting lots of colors  
All across the sky,  
And after rain you'll see them  
And know we never die.

I'll also paint some flowers  
And send them down to you.  
They'll look so fresh and pretty  
In the early morning dew.

But best of all, I'll take some notes  
Of all the things I love,  
So you can read my journals  
When you meet me here above.

Your name will cover pages  
Of my moments to be shared;  
You'll see how much you've meant to me  
And how very much I cared.

Then, I'll have story time with Jesus  
And he'll tell me stories of you.  
I'll listen with a smile  
Of all the things you do.

He'll tell me of your kindness  
And the smile upon your face,  
The way you make the world  
A really nicer place.

Of all the things I ever do,  
This will be the best;  
I'll ask the Lord to Bless you,  
My very own request.

And tonight when you are resting  
From the day you've spent so well,  
I'll whisper in your ears  
All I have to tell.

And as I hold you through the night,  
This is what I'll say,  
"I'm proud to call you Daddy  
on this special Father's Day."

Love, Your Little Angel

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## 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](mailto:chysr@pilgrimshospice.com) or 780.413.9801 ext. #302.

# A Mother's Day Wish From Heaven **Healing Opportunity**

**Dear Mr. Hallmark**

*By Jody Seilheimer*

I'm writing you from heaven,  
and though it must appear  
A rather strange idea, I see everything from here  
I just popped in to visit your stores to find a card  
A card of love for my mother,  
As this day for her is hard

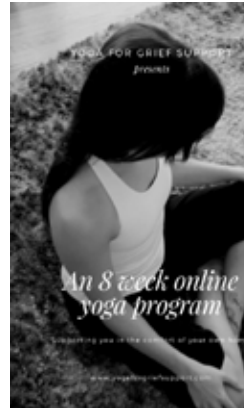
There must be some mistake I thought,  
Every card you could imagine  
Except I could not find a card  
From a child who lives in heaven.  
She is still a mother too, no matter where I reside  
I had to leave, she understands  
But oh the tears she's cried.

I thought that if I wrote you  
That you would come to know  
That though I live in heaven now  
I still love my mother so.  
She talks with me, and dreams with me;  
We still share laughter too  
Memories our way of speaking now  
Would you see what you could do?  
My mother carries me in her heart  
Her tears she hides from sight.  
She writes poems to honor me  
Sometimes far into the night  
She plants flowers in my garden  
there my living memory dwells  
She writes to other grieving parents  
Trying to ease their pain as well.

So you see Mr. Hallmark,  
Though I no longer live on earth  
I must find a way to remind her of her wondrous worth  
She needs to be honored and remembered too  
Just as the children of earth will do

Thank you Mr. Hallmark, I know you'll do your best  
I have done all I can do; to you I'll leave the rest.  
Find a way to tell her how much she means to me  
Until I can do it for myself  
When she joins me in eternity.

## 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](http://www.yogaforgriefsupport.com).

