

# Angel Whispers

Fall/Winter 2023

## Happy Fall Y'all!

Here we are in my favourite season of the year...fall! There is something about the changing of the colours, the cool crispness to the air, sweater season, for some pumpkin spice season. I just feel more relaxed in the fall, more at ease. I don't know if I can truly put into words the reasons why. It must be something about the beauty of the world around us reminding us that

change can be good. Fall brings welcomed change; not all change (including loss) is welcomed. Change can create turmoil, discomfort and grief. Any change that disrupts our plans, hopes or dreams triggers a sense of loss and with loss comes grief. The loss of a

much loved, wanted and dreamed for baby significantly impacts a family's hopes and dreams for the future resulting in profound grief.

If we can't rewind the clock to change what has happened, what can we do? We can allow ourselves to fully experience our grief, to mourn our babies and to find meaningful ways to

continue to honour them. What legacy would you like your little one to leave in this world? As the famous quote by anonymous reads "No footprint is too small to leave an imprint on this world". As I have shared many times in the past, Angel Whispers is the legacy left by my two angels, Loren and Brooklynn along with the legacies of Brett and Madison, the angels of our two other co-founders. Legacies

don't have to be huge, any legacy big or small is significant.

Not only do our angels leave their legacies in our world, as we age we often think about what legacy we wish to leave behind. Turning 50 a few years ago has me looking at my life differently in many ways; reflecting on

my life and experiences I've shared with the family and friends who I love and care for the most. I have immense gratitude for my life and experiences, even the difficult times have helped to shape me into the woman I've become. But now that I have less days on this side of 50 than I did on the other side of 50 it has me



*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



Continued on Pg. 2

Continued from Pg.1

pondering more about my own legacy. I have loved, I have lost and I have so many cherished memories to carry me into my next who knows how many years. My husband retires next year from his 30 year career with the Royal Canadian Mounted Police which has me contemplating what retirement will look like for me.

I am beyond grateful that Angel Whispers has grown into the incredible resource for bereaved families that it has become, thanks in large part to our dedicated and caring team of volunteers whose own personal experiences of loss and grief have led them to want to help other families grieving the loss of a baby.

Lately I have been hearing my own whispers, perhaps from my two angels that have been encouraging me to leave my legacy with Angel Whispers for others to carry on. I had a meeting recently with our volunteers to share with them that it's time to create a succession plan for Angel Whispers. As much as I have loved nurturing and growing the program into what it has become today, I need to ensure it's long term sustainability and in order to do that I know that fresh ideas and perspectives are critically important along with giving someone else the opportunity to lead the program into the future. I have planted the seed with our volunteers should someone or a few of them feel in their hearts that they want to carry Angel Whispers forward when I retire. It's not going to be tomorrow or the end of this year but I do anticipate by the end of 2024 that I will feel comfortable in handing over the reigns to the next coordinator(s) feeling confident that this legacy will continue for future bereaved families. I know very well that this change in my

life won't come without a sense of loss and grief for me, for something that is so incredibly dear to my heart and has been for the last 21 years since the Angel Whispers Baby Loss Support Program began.

So it seems fitting that the topic of this newsletter edition is love, loss and legacy. My hope is that as you read the following pages you will reflect on the legacy of your precious baby. May that legacy live on through you and the love you have for your little one bring comfort to your broken heart.

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.*

# Losing a Loved One During the Midst of a Blessing

On August 1, 2022 after returning home from a 10 day business trip. I found out that I was going to be a grandparent again. My daughter shared the news of her pregnancy with myself and my Mom who I had come home with me to BC from Edmonton.

Having my Mom come back with me had been planned a few months before my trip. My Mother had a number of health issues and realized that she could no longer live alone. I agreed with her and we planned out that part of my trip.

As time started to pass by and reality sunk in that we would be welcoming another baby into our family, I promised myself that I wouldn't get myself all worked up like I did during my daughter's first pregnancy. I lived in fear most of her pregnancy. Fear of her experiencing what I did after losing my daughter Zoe at 37 weeks gestation in 2006. A fear that had such a tight grip on me that I was too afraid of talking to anyone about my feelings, out of even more fear that I would somehow jinx her pregnancy if I talked about it out loud.

You would think that I would know that I could never do that. But that's how tight my fear had a hold on me and instead of me talking to someone, even God. I didn't. I couldn't! I was that afraid. I didn't want to feel that again with my second grandchild. I didn't want to be in constant fear. I wanted to enjoy my daughter's pregnancy and watch as her baby bump grew month after month, hearing about her doctor's appointments and seeing

Continued on pg. 3

# Forget me not Herbal Tea

## In Loving Memory

*Zoe Reta Mary Steiner*  
*Born still on August 4, 2006*



This is my second endeavor that I am sharing to keep my daughter's memory alive and bring comfort to parents who have unfortunately suffered the loss of a child like yourself.

I have wanted to create a Tea blend for quite some time to help during the grieving process. After researching ingredients that bring comfort to those experiencing grief and loss. ***Forget me not Herbal Tea*** blend came to be and has been lovingly blended by myself with thoughtful ingredients to help navigate the emotional process of grieving.

I hope this tea will bring you comfort on those days when you are overcome with grief and sadness. I know that there isn't anything that can be said or written that will take away the pain or sorrow you are experiencing. But I know that your little one was important to you, and I want you to know that I recognize and honour that.

50% of the proceeds from each sale of this Tea will be donated to infant loss support groups.

With Love  
Zoe's Mom Shelly

*"Your legacy is every  
life you've touched."*  
*-Maya Angelou*

*the Midst of a Blessing*

Con't from pg.2

her ultrasounds. I had for the most part been successful at not letting that fear creep in. Having my Mom here and keeping busy with my business and my Grandson were helpful to keep my mind from wandering back to that dark place.

But in early December, I accompanied my Mom back to Edmonton for some doctor's appointments. After her appointments I returned to Vancouver alone, as she had to stay for further testing. Which led her to be hospitalized, on December 13th and later passed away in hospital New Year's Eve. Before she was taken off life support I called both my adult children so that they could say some final words to their grandmother. I worried that this might be too difficult for my daughter to do, and the last thing I wanted was to cause her any stress during her pregnancy.

**Her blood pressure remained high. I knew it wasn't good during pregnancy.**

My Mom's passing was sudden and unexpected and a loss that I knew would have a great impact on all of us, as only one month before my Mom's passing my Mom and daughter had a major disagreement. I knew that losing my Mom would have a huge impact on my daughter, even though apologies were made before that trip to Edmonton with my Mom. However, my Mom and Daughter always had a close relationship and this disagreement was difficult on both of them. I knew it weighed on my daughter after the loss of my Mom and I worried about the stress it would cause her during her pregnancy. I prayed that it would not affect my Grandson she was carrying, again that worry started slowly to creep in and again couldn't say that out loud.

*Continued on pg. 4*



# Rainbow Baby and Pot of Gold Birth Announcements

## Reeves Mable Mackay

Born on June 25, 2015 weighing 5lbs 14oz to loving parents Bodi and Jordan. Reeves' big brother Letley is celebrating her safe arrival and watching over her from above.

## Scout Sarah Mackay

Born September 13, 2017 weighing 7lbs 7oz to proud parents Bodi and Jordan and excited big sister Reeves. Scout's watched over and protected by her brother Letley in Heaven.

## Finley Louise Mackay

Born on January 5, 2021 weighing 7lbs to excited parents Bodi and Jordan and loving big sisters Reeves and Scout. Finley's big brother Letley is smiling down from the heavens and celebrating with the angels.

## Adeline Jane Jellifo

Born on March 25, 2023 weighing 7lbs 14oz to loving parents Alexandra and Devon. Adeline has an angel in heaven celebrating her safe arrival.

## Jacob Kenneth Friedenberg

Born on March 29, 2023 weighing 7lbs 12oz to proud parents Morgan and David and excited big brother Charles. Jacob has several angel siblings in heaven celebrating his much anticipated birth.

## Rowan Jax Grenier

Born on April 5, 2023 weighing 7lbs 10oz to loving parents Lisa and Brandon and proud big sister Ella. Rowan's angel sibling Squirt is watching over him and protecting him and Ella from above.

## Mayer Jack Mackay

Born on June 6, 2023 weighing 7lbs 14oz to loving parents Bodi and Jordan and proud big sisters Reeves, Scout and Finley. Mayer's big brother Letley is watching over Mayer and his sisters and sending them his love from Heaven.

## Koda Eagle Feather Alexis

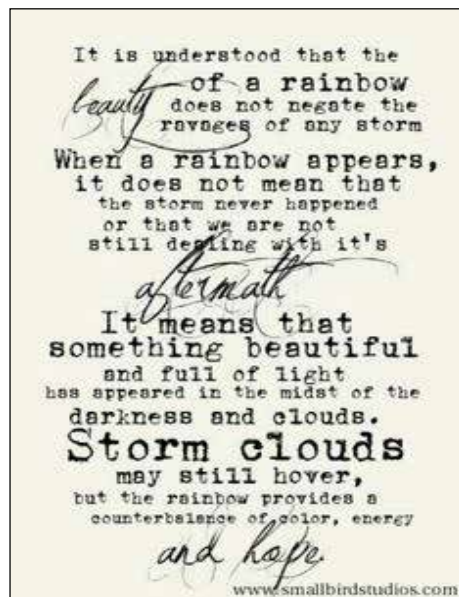
Born on June 11, 2023 weighing 9lbs 2.5oz to proud parents Milly and Richard. Koda has a special angel sibling watching over and protecting him from above.

## Cooper Madden Godfrey

Born on June 21, 2023 to proud parents Sarah and Sean and excited big sister Parker. Cooper's angel siblings are watching over him from above and celebrating his safe arrival.

## Mykola Eugen Corbin Harrington

Born on July 1, 2023 to excited parents Amber and Darren and loving big brother James. Mykola's angel sibling Tilly is sending him love from Heaven.



*the Midst of a Blessing*

Con't from pg.3

I was deep in my own grief and wanted to just sit with it. After returning to Vancouver in late January my daughter's blood pressure started to rise like it had in her first pregnancy, and she was told to check it a few times a day. It remained high for the rest of her pregnancy which again had me on edge, as I knew having high blood pressure isn't good to have during pregnancy and wondered if it had anything to do with losing my Mom.

My daughter's due date wasn't until early April. In March she started having more worrisome things start to come up. She started swelling in her hands and feet and went back and forth to the hospital to be checked out. Each time she called to tell me she didn't feel well or had a high blood pressure headache, I would say, just go get checked out. That this wasn't something she should take lightly. I remember asking her if the baby was moving around alot and reminding her that if anything ever feels off, go to the hospital. Each time she was sent home and the assurance everything was okay. In my daughter's first pregnancy, I was at every doctor's appointment with her. This pregnancy I wasn't, her boyfriend was with her. It felt different not being there, but I also knew that I couldn't stress like that again because I wouldn't be able to stop once I started.

She was going to the hospital. Her blood pressure went higher and she had a severe headache.

Over the next few weeks Taylor would make a few trips back and forth with appointments at the hospital tests. On a few of those occasions her boyfriend was unable to take her, so she asked if I could. I went along with her to two stress tests and one ultrasound. I tried

Continued on pg. 5

to remain as calm as I could. It wasn't just that I was trying to remain calm for Taylor. I was trying to remain calm for myself. I had just lost my Mom a few months before and really wished that she was here to talk to right about now. Taylor's appointments were relatively quick. Except the ultrasound. I went in with her and this is where fear wanted to creep in. The room we went into reminded me of a room that I was taken into at The Royal Alexandra Hospital to try and find Zoe's heartbeat. The technician came in and started to perform the ultrasound. She was looking for the baby's heartbeat. As much as I wanted to be in the room with Taylor, I also wanted to run out of that room. I sat in the chair and tried to not watch the screen, but I wasn't hearing anything. I shifted in my chair a few times and then finally asked the technician if everything was alright. She answered yes, that the baby was facing away from her and she was trying to get him to move a bit so she could record what she needed. After a while she said, I will leave and come back. Maybe the baby will decide to move a bit.

I could see that blood was pouring out of her. I knew she was hemorrhaging.

After several attempts, she finally got the heartbeat. What a relief, 45 minutes later seemed like forever. I was so relieved, but very emotional at the same time. Once we left, I mustered up enough courage to tell Taylor that I was triggered and that my anxiety was very high in that room. She apologized for that, I said you have nothing to be sorry for, it's just that part of me that will always remember my pregnancy loss. The following week Taylor would be heading into her 37th week of pregnancy.

37 weeks is when I lost Zoe, 37 weeks is when my first Grandson Miles was born. I would be accompanying Taylor to this appointment, as her boyfriend was working. We arrived at Taylor's doctor's office on time and waited quite some time before she was seen by the doctor. Taylor asked me to come in with her. Once she was examined by the doctor, she was concerned that in one of the recent trips Taylor had to the hospital, she was diagnosed with Preeclampsia. I knew that wasn't good. The doctor suggested that Taylor be induced within the next few days. Internally, I was wishing they would admit her to hospital that day so she could be monitored closely. Instead the suggestion was to wait a few days. We left the appointment at least knowing that the baby would be coming that week. The 37th week! I kept wondering why the number 37? What's up with this number? It baffled me, but also worried me.

After dropping Taylor off at home, I took my grandson home with me. Later that day Taylor called to say she was going to the hospital, her blood pressure went higher and she had a severe headache. She was told by the doctor earlier in the day that if that happened she was to go directly to the hospital. I tried to stay busy at home with my Grandson, Taylor had been texting to let me know how she was and when they started to induce her. There was no communication for quite some time. I was getting a bit anxious but didn't want my Grandson to see that. The phone rang and it was Taylor's boyfriend Eric calling, my heart sank when I saw his name come up on my phone. When I answered he said Taylor's having a difficult time. I asked what that meant, he said she wants you here. I asked what's going on? Is Taylor and the baby okay? He said yes, she's in a lot of pain and wants me here. So Miles and I got ready and drove to the hospital. I met up with Eric's Dad in the parking lot so he could take Miles home with him. As I walked into Taylor's room, she was

in a lot of pain from her contractions and had just had her second epidural, because the first one wasn't working. Shortly after I arrived, Taylor was ready to start pushing. I didn't think at the beginning of this pregnancy that I would be at the hospital this time to witness Taylor give birth a second time. Within twenty minutes of me arriving my grandson Shane was born healthy. As the doctors and nurses tended to Taylor and the baby making sure that all was good, they were concerned that her uterus was not shrinking down enough. I was asked to hold my Grandson so they could figure out why. I started pacing back and forth holding my Grandson.



I went past Taylor's bed as they were examining her. I could see that blood was pouring out of her. I knew what was happening, she was hemorrhaging. I felt absolutely ill. It was then that in a calm and reassuring tone the attending doctor explained to Taylor that she needed surgery because she was bleeding heavily. They took her out of the room quickly. I reassured her as she was being wheeled out of the room that the doctors know what they're doing. Internally I was freaking out. I wanted to cry.

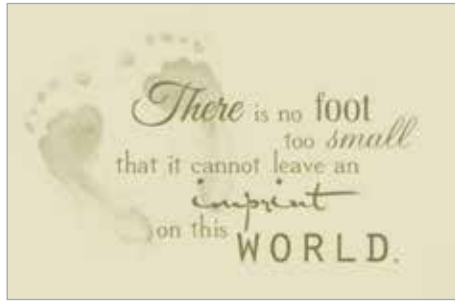
I wanted to call my Mom and even reached for my phone. Then reality hit, I can't! She's not here anymore. Double whammy! How is this happening! Why is this happening! I can't do this right now. It's too soon after losing my Mom. I prayed to God asking him to watch over both Taylor and Shane.

Then a nurse who was still in the room came over and asked if she could have a peek at my grandson. She said do you hear how he sounds like a little lamb right now? I couldn't comprehend what she was saying at that very moment. She wanted to listen to his lungs, so I took him to the bassinet and laid him down to be examined. All of this was so overwhelming! She said his blood sugar was a little low, so she treated him. They wanted to leave him under the warming lamp for a bit, so I stood beside his bassinet telling him that Nana is here and he and Mommy are going to be fine. But I just couldn't stop stressing. Taylor seemed like she had been in that operating room forever and now Shane is in the bassinet under the lamp.

Taylor finally got back to the room at 2:30 a.m. I was holding Shane when she arrived. The doctor explained her surgery and asked if there were any questions. I fought back tears and said how scary this was, that I had lost a baby years ago to stillbirth and I just lost my Mom on New Year's Eve and I was very triggered by everything that just happened. She had the most genuine and caring response in that moment of feeling like I was in a dream. Once everything was settled I had to hand over baby Shane to Eric. I said I need to lay down right now before I pass out.

I still wonder to this day what this number 37 means or why it's so significant. This year has been a difficult one losing so many family and friends.

# In Memory of our Newly Discovered Angels



*Kyleigh Catherine Graham*  
January 18, 2021

*Olivia Kimberly Barbara*  
*St. Germaine*  
July 22, 2023

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).*

But I am reminded and very grateful every time I look at my Grandson Shane what a blessing he is to our family and in the midst of so much grief he was born to restore our Joy. I'm sad that my Mom never got to meet him, but we will make sure that he knows all about her and his auntie Zoe.

The thing I have learned through all of this is that I need to lean on God more during difficult times and do not fear. For the bible tells us 365 times to not fear. I know it's easier said than done. However, when we put our trust in God we can lay down our fears and worries. I may not have worried or feared until the 37th week of Taylor's pregnancy during this second pregnancy. Deep down I knew God had things already worked out and that his plans are not to cause any harm or destruction, but to show us how much love he has to give if we just



trust in him.

*2 Timothy 1:7 "...for God gave us a spirit not of fear but of power and love and self-control."*

***Shelly***



# Healing Opportunities

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



# 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.

- **Sunday, October 15, 2022**
- **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. This year we will once again be planning an in person Healing Hands Workshop!

- Tentative Date: Saturday, December 9, 2023
- Time: 1pm
- Location: Remedy Cafe, Sherwood Park

Stay tuned to Facebook or our website, [www.angelwhispers.ca/angelwhispers](http://www.angelwhispers.ca/angelwhispers) for more information

## Coffee, Connection & Conversation

**Coffee, Connection & Conversation** is a monthly casual coffee night.

Join Lori-Ann, Angel Whispers co-founder and Program Coordinator at our Angel Whispers monthly in person group.

This is an opportunity for Angel Whispers families to meet with others grieving the loss of a baby in a casual environment for coffee, connection and conversation. Books from our Angel Whispers resource library will be available to sign out.

2hr free parking in the parkade under Remedy (you must register your license plate).

**Registration is required**, if you are planning to attend please call or text 780-974-7054.

Dates:

- Thursday, September 28
- Thursday, October 26
- Thursday, November 30
- Thursday, January 25
- Thursday, February 29
- Thursday, March 28

Time: 7-8pm

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







***“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, Meagan, Angela 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 and Forget Me Not Tea 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!
- To the Fort Saskatchewan Golf and Curling Club - Tuesday evening Ladies League for their generous donation to Angel Whispers!

*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!*



## Tiny Footprints YEG Starry Night Gala - October 21, 2023

*(details from the Tiny Footprints website - [www.tinyfootprintsyeg.ca](http://www.tinyfootprintsyeg.ca))*



The 2023 Starry Night Gala is fully **sold out!** Please contact [tinyfootprintsyeg@gmail.com](mailto:tinyfootprintsyeg@gmail.com) to be added to the wait list in hopes that more tickets may be released. Thank you so much for your support!

## Healing Together through Pregnancy and Infant Loss



**The Tiny Footprints Foundation** began in 2016 in loving memory of Riley Oriold. Through an annual gala, the organization has since raised over \$700,000 for pregnancy and infant loss programming in Calgary.

***We are pleased to announce that Tiny Footprints has expanded to Edmonton and is supporting community resources for grieving families in the capital region.***

### **This is why we do what we do:**

- 1 in 4 pregnancies end in miscarriage
- 1 in 167 babies in North America are stillborn
- 1 in 300 babies die within 28 days of birth

For more information on Tiny Footprints, visit [www.tinyfootprintsyeg.ca](http://www.tinyfootprintsyeg.ca)

# Angel Whispers Support Group Meetings

## *A note about our monthly support group meetings:*

We returned to in person meetings in January 2023 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.**

- October 1 (virtual)
- November 5 (in person)
- December 3 (virtual)

Please stay tuned for details on in person vs. virtual meetings for 2024

- January 7
- February 4
- March 3

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

- October 15 (virtual)
- November 19 (in person)
- December 10 (virtual)

Please stay tuned for details on in person vs. virtual meetings for 2024

- January 14
- February 11
- March 10

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

- October 15 (virtual)
- November 19 (virtual)
- December 10 (virtual)
- January 14 (virtual)
- February 11 (virtual)
- March 10 (virtual)

**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).

# Online Silent Auction Fundraiser Benefiting Angel Whispers



Traditionally we have held an online Silent Auction in October to mark Pregnancy & Infant Loss Awareness Month. However due to the Tiny Footprints Gala being held in October supporting local baby loss programs,

including Angel Whispers, we have decided to postpone our online silent auction which will be held in **May 2024 to mark International Bereaved Mother's Day.**

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

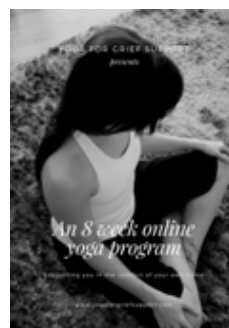
If you are interested in donating an item for our auction, contact Lori-Ann @

780-974-7054 or [angelwhispersbabyloss@gmail.com](mailto:angelwhispersbabyloss@gmail.com)



# Healing Opportunity

## 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).

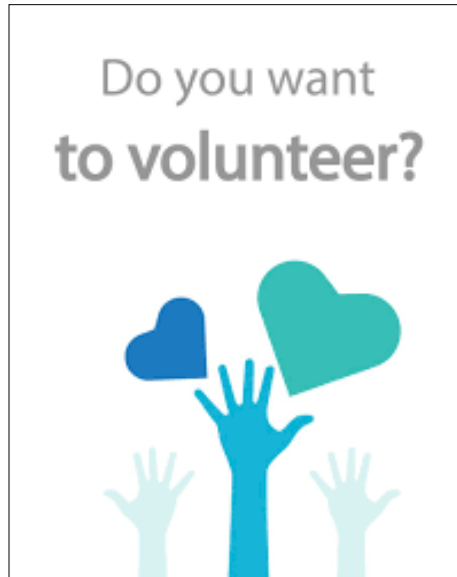
# Angel Whispers is looking for volunteers!

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!



## Highlighting Volunteers!

### *Meet Sarah*

Hi, my name is Sarah. I am a mama to four children. My son Jackson (11 on Halloween) with my previous partner. My fiancé Piacentino and I have three angel babies Haven (Jan 15, 2022), Noel (May 26, 2022), and Della (Aug 1, 2023). When Lori-Ann asked me to write a piece for the newsletter, I panicked because our journey is very long and I could write a book about it. I am very honoured to be asked and will try to give the short form version.

Our journey started with Angel Whispers in May 2022 after our loss with Noel. I found I wasn't ready to seek out and talk to others after our loss with Haven. I felt like miscarriages weren't very common and that it couldn't happen again. After our loss with Noel, I was making sure everyone knew how common losses were and was telling everyone our story. After our loss with Della, I knew I wanted to volunteer and help others like me.

Our journey is far from over, but I'm excited to be volunteering with Angel Whispers and to be part of the group.

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

