



## Angel Whispers Baby Loss Support Program

Hello to all our Angel Whispers families, friends & supporters,

We typically publish our Fall/Winter Angel Whispers Newsletter around this time of the year, our newsletters have been a foundational part of Angel Whispers since the program was founded in 2002. Our newsletters were published every season for about 20 years, a few years ago the decision was made to publish the newsletters twice each year – a Spring/Summer edition and then a Fall/Winter edition. Our newsletters published since 2012 are available to view or download on our website ([www.angelwhispers.ca/angelwhispers](http://www.angelwhispers.ca/angelwhispers)), each one focusses on a different topic related to baby loss & grief – Grief & Healing; Grief & Couples Communication; Men's Grief; Understanding your Grief; Hope; Coping Through the Holidays; Grief & Time; Love, Loss & Legacy; Grief Triggers; Infertility & Grief; Lost Hopes & Dreams; Grief & Stress; Self-Care; Vulnerability; Embracing Change and Grief & Gratitude are just a few of the many topics covered in our newsletters.

Each newsletter would take weeks of writing, collecting stories, searching for heartfelt poems & pictures and researching all of the local healing opportunities & events. We have had a wonderful volunteer, Betty Dean (artist & graphic designer) who would lovingly format each newsletter to make it look perfect once all the content was sent to her. It was a team effort to bring each newsletter to life. Through the years the viewership of each edition declined as there became more access to information on the internet & social media.

As many of you know, I am a co-founder with the Angel Whispers Baby Loss Program, founded in 2002 by myself, Melissa & Cindy. I became the Program Coordinator in 2010 and have had the honour & privilege of supporting hundreds of parents grieving the heartbreaking loss of a baby through our one & one support and monthly support groups. I announced in our Spring/Summer newsletter that I would be retiring from Angel Whispers at the end of 2024 and passing the torch onto an incredible team of volunteers who will carry on the legacy of Angel Whispers and the precious babies that this program was created for in their memory – Loren & Brooklynn (my angels), Madison (Melissa's angel) & Brett (Cindy's angel).

In meetings with our Angel Whispers volunteers taking over the program, I gave them my blessing to change the program in whatever way they felt it needed to be changed to update the program to best meet the needs of the families accessing the supports. One of the decisions that has been made as the program evolves is to no longer publish monthly newsletters; instead, the content that would typically be shared in the newsletters will be posted on our website & social media platforms (Facebook & Instagram). The past editions will remain on the website as an ongoing resource for families looking for support with specific topics.

So instead of publishing one last newsletter before my retirement I wanted to take this opportunity to write to each of you to share my gratitude for each of you that has allowed me the honour to walk

alongside you as you have grieved for your little one. To our incredibly dedicated team of volunteers that facilitate the monthly support group meetings – Cara, Bev, Angela, Ally, Trina, Lareina & Natasha; to the passionate team of volunteers committed to carrying on the program – Bev, Ally, Sarah, Trina, Crystle & Trina; to Betty for your endless support of Angel Whispers through lovingly putting together each newsletter to donating your beautiful artwork for our fundraisers; to the Tiny Footprints Society of Edmonton for their support of the Angel Whispers Baby Loss Support Program through funds raised at the Annual Starry Night Gala; to each supporter who has donated to the program (through monetary donations or donations towards our silent auctions) and to the Baby Loss Leaders of Edmonton – Patti (ParentCare), Chy (HEARTS) & Sarah (Tiny Footprints) who have been a constant support to me and the program and have become dear friends of mine.

I am a believer that Grief & Gratitude can co-exist if we hold space for the things we have to be grateful for as we grieve; gratitude can help to get us through the difficult days and can inspire hope that the pain of loss will eventually soften and become easier to live with. It is with my heartfelt gratitude that I write this one last addition to our newsletter page; in just over 2 months I will pass the torch and retire and in doing so I will inevitably face the grief of this loss in my life. Angel Whispers has been & will always be so close to my heart, it has been a part of my identity for 22 years and I will forever cherish the connections and friendships that I have gained throughout those years.

Rest assured I am not disappearing completely, I hope to on occasion attend Angel Whispers events & fundraisers, I will be available to the volunteers for consultation when needed and I hope that for the families that I have met through all these years that our paths will cross again.

With Love, Understanding & Heartfelt Gratitude,

*Lori-Ann*

gratitude