



Families First Society
FORT SASKATCHEWAN

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February 2019 Newsletter



Whispers of Hope Masquerade Gala

Presented by Straightline Chrysler
**Benefiting the Angel Whispers
Baby Loss Support Program**

Friday, March 15, 2019 - Doors open @ 6:30 pm, starts at 7:00 pm
Spark Centre, #116 – 2257 Premier Way, Sherwood Park

We are thrilled to announce the FIRST Annual Whispers of Hope Gala in support of Families First's Angel Whispers Baby Loss Support Program.

Every dollar raised will allow Families First to provide critical, specialized bereavement support to families who are grieving the devastating loss of a baby. Referrals to our Angel Whispers Program come from hospitals across the region, as well as from funeral homes, community health programs and from friends and loved ones of those who are grieving.

"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

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, providing 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, grants, fundraisers and community partnerships to sustain supports to grieving families. Funds raised at the Whispers of Hope Masquerade Gala 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.

For more information and to make a donation contact Lori-Ann Huot, Bereavement Services Coordinator, at 780-998-5595 ext. 225.

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

(ASQ's) Ages & Stages Developmental & Social/ Emotional Questionnaire

Are you curious about how your child is developing or growing emotionally? With the support of a trained Families First staff member, complete a family-friendly questionnaire for developmental or social/emotional milestones in young children.

What are ASQ's?

They are a screening tool that captures a child's development at any given moment.

Why complete an ASQ?

It can let a parent know that their child is developing right on schedule, and highlight where a child might need a bit of help to get to where they should be for their age.

Where can you get an ASQ?

At Families First Society.

Who can an ASQ be used for?

Children between the age of 1 month and 5 years.

How do I complete an ASQ?

Come in and chat with us and we will go over the form with you. You can also request one over the phone.



Mark Your Calendars! For program details please go to our website.

February 2	Community Kitchens
February 4	Newbee Parents
February 6	Kids Can Cook
February 6	Dadventures (Bon Accord)
February 7	No Dadventures (Fort Sask) program
February 7 and 8	No CHIPS or Sturgeon programs running
February 8	WECAN Order Due
February 9	TWEET
February 11	EPIC
February 11	Newbee Parents
February 13	Dadventures (Bon Accord)
February 14	Speech Language Pathologist
February 14	Happy Valentine's Day!
February 14	Dry Kitchen
February 14	No Dadventures (Fort Sask) program
February 15	No CHIPS program running
February 18	Family Day! Office is closed, no programs running
February 20	Kids Can Cook
February 20	Dadventures (Bon Accord)
February 21	Dadventures (Fort Sask)
February 21/22	Community Kitchens
February 21	WECAN Order Pickup – 10:00 am to 4:00 pm
February 23	TWEET
February 25	EPIC
February 25	Newbee Parents
February 27	Dadventures (Bon Accord)
February 28	Dadventures (Fort Sask)
February 28 / March 1	Community Kitchens



Our office will be closed and no programs are running on
February 18, 2019.

There will be **no CHIPS or Sturgeon programs** on **February 7, 8 and 15.**

Come visit us at:

9901 - 90 Street
Fort Saskatchewan, AB

780-998-5595 ext. 221
(Toll free 587-487-6176)
Fax: 780-998-5503
www.familiesfirstsociety.ca
info@familiesfirstsociety.ca

Hours:

Monday to Friday
8:30 am to 4:00 pm



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