

You're not
alone.



Association for Workplace Tragedy Family Support

Work-related fatality

Life-altering injury

Occupational disease

**Bringing hope
and healing
for families
of workplace
tragedy.**

How Threads of Life can help you

Talk to someone who understands

Your experience is unique, but there are others who've lived in the aftermath of a work-related death, serious injury or disease, and they understand what you're going through. Our Volunteer Family Guide program offers one-on-one peer support from a trained volunteer.

If you've suffered from a workplace fatality we know that grief is often your silent companion. If you're coping with the care of a family member affected by a serious life-altering injury or occupational disease, we know that you have your own unique challenges trying to live with your new 'normal' of unfulfilled hopes and dreams.

Whatever the circumstances, coping and healing is made easier with the warmth, acceptance and listening ear of our Volunteer Family Guides.



I have a family at Threads of Life who understand what I am going through.

I was feeling I was running on empty and coming to the forum refilled my internal energy tank."



I was so thankful to meet someone who understood what we were going through and who could help with listening, knowing what we were finding out and who could help us through understanding what was happening and why. It means so much to still be friends and I couldn't imagine going through our journey without them."

Learn new ways to cope and heal

Our regional Family Forums have helped many families along their journey of healing. Spouses, parents and siblings, along with injured and ill workers, gather to learn coping skills for grief and loss, active listening skills, tips on how the occupational health and safety system works, self-care, and so much more.

You'll find a warm and welcoming community of support where you can meet others who have also experienced workplace tragedy. Family Forums are a chance to honour lives forever changed.

Forums are held annually in several locations across Canada.



How to change the future



People affected by a workplace tragedy are passionate about changing the future so that others don't have to endure the pain and grief they've been through. Threads of Life offers ways to share your story and promote prevention.

Our Speakers Bureau is made up of people like you, who have first-hand experience of a work-related tragedy. Our volunteers are trained to share their story at conferences, schools and safety events.



Our annual **Steps for Life – Walking for Families of Workplace Tragedy** events are a chance to raise the community's awareness of health and safety, and also honour your loved one, or your own experience with occupational illness or injury.

Learn more at www.stepsforlife.ca

How to connect

Many ways to learn and share

Visit www.threadsoflife.ca, the Threads of Life web site, to learn about our programs, coming events, and to read stories of healing from others like you.

Read our free quarterly newsletter, with personal stories of those affected by a workplace tragedy, along with informative articles on coping with grief, injury and illness. Send us an email or call to subscribe.



See our weekly blog for reflections, news, and events: <http://threadsoflife.ca/news/>.



Find us on Facebook where many family members share their struggles and progress: www.fb.com/threadsoflife



www.twitter.com/threadsoflifeca

Threads of Life brings hope and healing to Canadian families who have been affected by a workplace fatality, life-altering injury or occupational disease. It is a national charity connecting family members through one-on-one peer support, links to community support services, and the opportunity to take action to help prevent similar tragedies to other families.



Threads of Life is the Charity of Choice for workplace health and safety.

THREADS OF LIFE

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