

# threads of life

VOL.21, NO.3 FALL 2023



PREVENTION | SUPPORT | PARTNERSHIP



## THE DIFFERENCE YOU MAKE

*Threads of Life family members and partners gather to mark the organization's 20<sup>th</sup> anniversary*

As Threads of Life marks its anniversary (20 years!), there are as many ways to make a difference as there are family members (3600+), volunteers (more than 300), partners (hundreds!) and supporters (thousands!). You continue to make a difference by sharing your stories and spreading the word, by giving your time, listening, organizing, fundraising, donating. In these pages, read just a few of the ways you have made a difference to our mission, helping families heal through a community of support and promoting the elimination of life-altering workplace injuries, illnesses and deaths.

### MESSAGE FROM THE CHAIR

Bill Stunt



You could say our favourite number at Threads of Life is 'one'. "One is too many", we often say when talking about injury or illness statistics. Our speaker volunteers hope to change just **one** person's safety mindset. And when our executive director founded the organization along with Paul Kells and Sharon Freeman, she hoped she

could help just **one** other family. As **one** of the families that has received help, I know that goal has been accomplished over and over. Threads of Life is currently serving more than 3600 family members – and we know each **one** of those members is different, with a different experience and different needs. We also know there are many other 'ones' who could benefit from Threads of Life's programs. We strive to make a difference, **one** person at a time.

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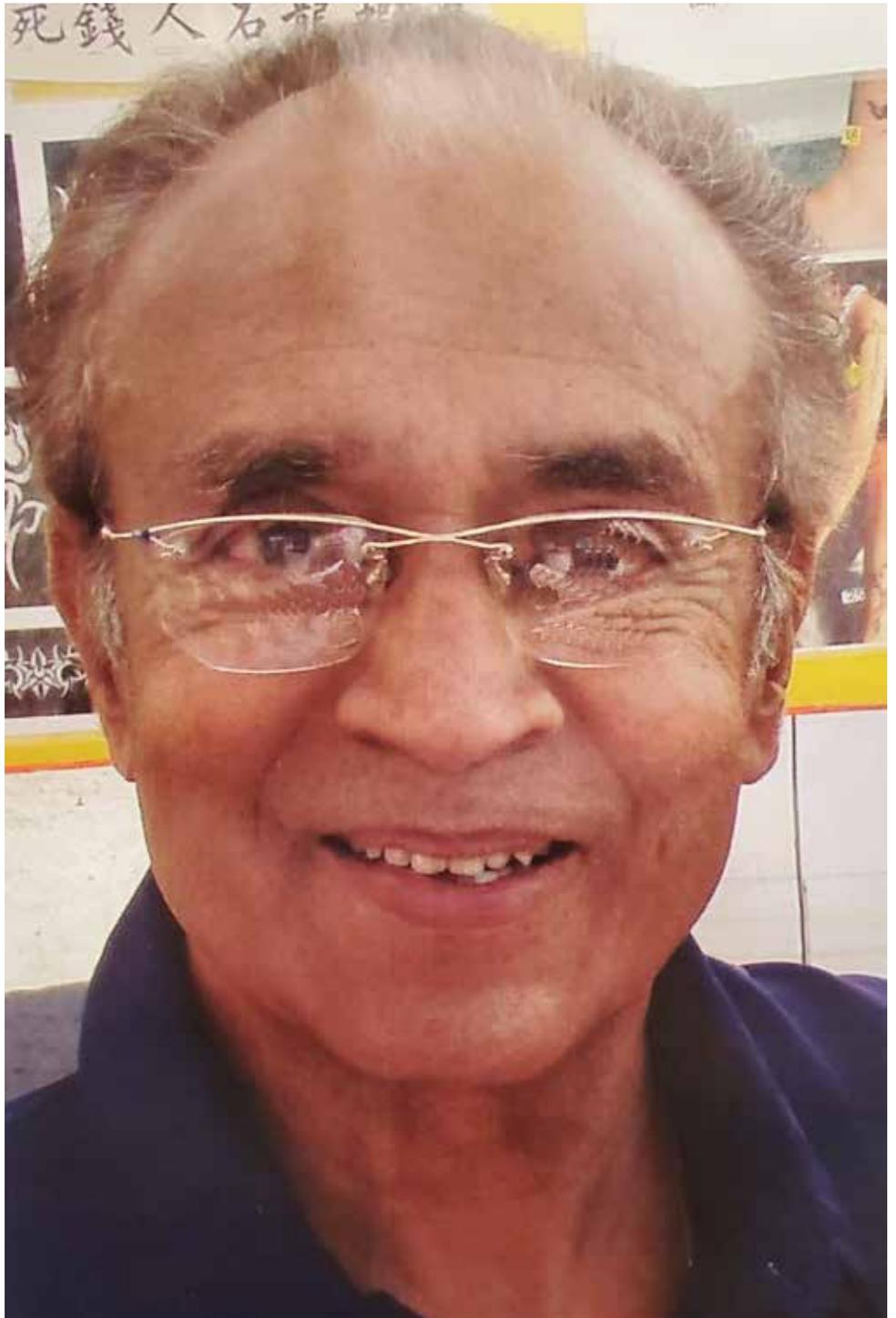
## A life of giving, cut short by illness

by **Alka Chevli**

**M**y father, Jayvadan Chevli, was a hard-working man who immigrated to Canada over 49 years ago, hoping to provide a better life for his family. He was full of energy, vitality, and optimism, always looking for opportunities to improve life for himself and those around him.

My father worked hard, long hours not just to provide for us, but to help his family back home, to support his mother, his father, and four other siblings. Some of my most cherished memories are the simplest ones, like our family nights watching a Disney movie on Sunday on the television. Once in a while after coming home from a late shift, my dad would bring pizza and wake the whole family up so we could all eat together. Memories I will cherish forever, even though they seemed absurd at that time.

He enjoyed all kinds of cultural experiences including eating incredibly delicious food (besides my mom's amazing meals), exploring, sharing what he had, and travel with his family. He helped newcomers to Regina,



*Jayvadan Chevli*

volunteering to teach them any life and work skills they might need to succeed without asking for anything in return. He would take the shirt off his back to help someone in need. He was a great and generous man.

I didn't realize his love of dancing was so great until I took him to a Chubby Checker concert at the Casino Regina show lounge, and he went on stage and was dancing and doing

the twist so hard that he almost fell off the stage! But I do cherish the one video I have of me dancing with my dad, which I will play at my wedding when I get married because he won't be there to walk me down the aisle or have a Daddy-Daughter dance.

My father worked with an organization in telecommunications, where the cable was made with asbestos – a hazardous substance that when

inhaled can have major negative effects on one's health. The company had insufficient safety precautions in place at that time years ago. Employees' health was at risk every day since management may not even have known about the health risks and devastating life altering effects of what was to come about 40 years later.

My dad was diagnosed with stage four terminal lung cancer as a result of his asbestos exposure. His diagnosis only came when it was too late and we couldn't do anything for him. All of our lives were changed forever. We waited for a miracle and watched helplessly as we saw his first chemo treatment fail miserably and alter his mental state. He was never the same. We feel like we

lost my father at that point and we just tried to make him comfortable every day thereafter. The specialists and doctors finally broke the news to us and said that he has only about three weeks left to live, so we brought him home from the hospital to care personally for him and he fought to live for 3.5 months.

He always said to me you need to relax more, you work too much sweetheart! In my mind I think I was just following his footsteps. But once he got diagnosed, everything changed. I didn't work much if at all; I became his full-time caregiver at mom's side as he was bedridden. I was sleeping

less than six hours a night not including the interruptions at night to care for his needs. Despite our best efforts, he passed away from this terrible illness.

Some would say my father lived a fairly long life – it's true, possibly longer than others, but it was cut shorter than it should have been. Seeing your loved one get sick like this was not acceptable when it could have been avoided; it should have been



*Jayvadan loved delicious food and time with family*

**Seeing your loved one get sick like this was not acceptable when it could have been avoided; it should have been avoided.**

avoided. It left a family like ours feeling helpless, in distress, angry and just lost. He was 74 years old and just about to retire and he had huge plans. He was already planning his 50th wedding anniversary two years in advance and what a celebration it

was going to be. When that day came around it was devastating to take in, just like each missed birthday, each Christmas, each New Year. He was looking forward to seeing his grandsons graduate high school, university and see them get married.

Threads of Life has been so kind and supportive. The members are all understanding and have given hope back to us, making us feel like we will be okay. Meeting others who have been

through similar circumstances with workplace related injuries, or families that have also lost loved ones is like being around supportive family.

It is a tragedy that my father died due to a work-related illness brought on by asbestos exposure. It serves as a reminder that workplace safety must al-

ways be prioritized, and we must ensure that no one is put at risk for the sake of an organization's profit.

The tale of my father, my mentor, is not unusual. Many workers have met the same end as my dad, and as a result, many families have been left in mourning. Because of this, organizations like Threads of Life are crucial. As you read this, please take a moment and honour not only the memory of my father but all those who have lost their lives as a result of illnesses and injuries sustained at work. Let's work together to make sure that every worker comes home safe and sound at the end of their work day.

20<sup>th</sup>  
ANNIVERSARY  
2003 - 2023

## With Gratitude

by **Fran DeFilippis**

**2002** was a chaotic year. I was tossed like a raggedy doll into a world of mayhem and loss when my husband died in a workplace tragedy. My first contact in this unfamiliar world was the supervisor from the Ministry of Labour. Michael walked me through the logistics of the investigation, the court proceedings, and the inquest. He recognized how isolated I felt and invited me to reach out to Shirley Hickman, who was, at the time, working towards establishing an organization that would support victims of workplace tragedies.

Shirley and I met in the pouring rain during the first Steps for Life walk on the Toronto Island originally known as the Mnisiing Island of the First peoples of this territory. The day was cold, wet, and miserable, yet I found comfort within a small group of individuals who had the courage to gather, knowing the emotional turmoil we all carried within us. This was the beginning of my journey with Threads of Life.

During this time, I have met amazing humans with deep scars, who despite their own pain have provided a space to hold emotions that are sometimes too difficult to comprehend. A space where love and hate live side by side. Elizabeth,

a Volunteer Family Guide, walked with me during the inquest and surrounded me with courage to take each step, slowly and carefully. Her calmness and wisdom grounded me, and I am grateful for her ongoing support.

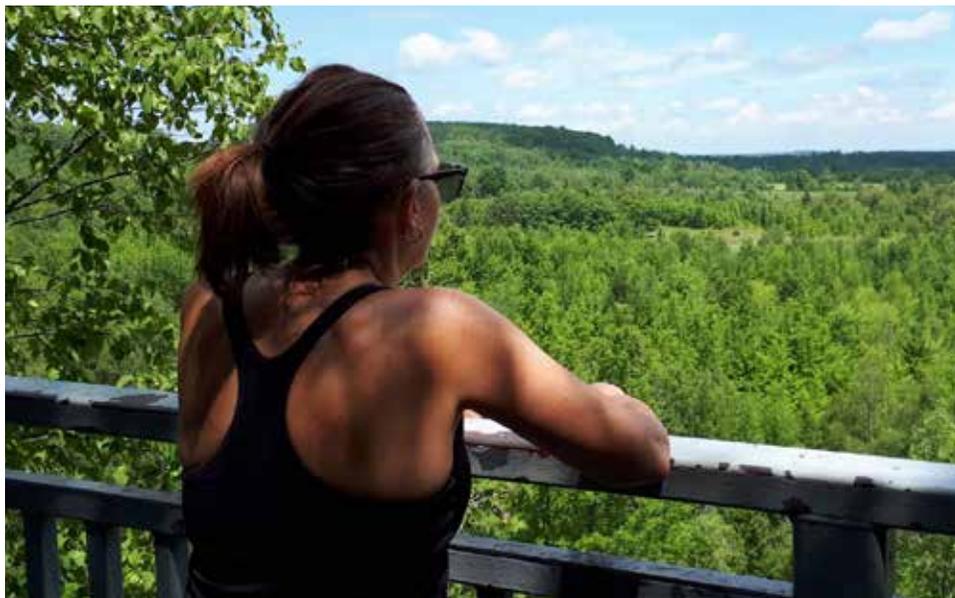
There are many others I have met through Threads of Life who have touched my heart with compassion, honesty, and trust. This sacred space has invited me to unpack the layers of emotions that have formed throughout the years and has supported my healing as I walk this unfamiliar journey. Being surrounded by others who understand, I found the courage to publicly share my personal story with others to advocate for a safer working environment through the Speakers Bureau. Additionally, the unpacking of my own story has offered me the opportunity to support other families who have experienced a similar tragedy as a Volunteer Family Guide. This is a place no one wants to be, yet finding Threads of Life has influenced how I can live in this place with love and compassion.

In my personal life, I have developed intimate relationships and have discovered meaningful roles. This journey is hard, knotted with

complicated emotions that cannot be classified and labeled, but invites us as humans to live entangled lives with transformative experiences shaping who we are, at this time, in this moment.

The feeling of uneasiness covered me last year. A blanket of sorts. A heavy, rough, itchy, sweaty blanket. The uncomfortable feeling of the past, filled with pungent reminders of once was and no longer remains. Yes, time has passed, over 20 years since my love tragically died. A moment frozen in time. The pandemic intensified feelings of loss: the lack of control, having no voice and feeling incarcerated in both mind and body. Time moved slowly, capturing a journey of participating forces: moments of love and unspoken loneliness, joy and sorrow, celebration, and grief.

My journey will never end, however has transformed, moved, and changed who I am. Many of us have sat together in the silent paradox of love and sadness. This is a sacred place of caring, listening, sharing, respect and passion. I am grateful for Threads of Life and those who have the courage to hold, move and gently push each other while we advocate for change from our hearts.



*Fran writes: This journey is hard ... but invites us as humans to live entangled lives with transformative experiences shaping who we are, at this time, in this moment.*

# Choosing to make a difference

by Fred Broughton

**B**ruce Broughton grew up in Niagara Falls Ontario, playing hockey, rugby, fishing and having fun with his two brothers Curtis and Wray. After his first year of engineering school Bruce went to work in Alberta for an Ontario-based construction firm. He was working on a 60-foot high building near Grande Prairie Alberta when he fell to his death June 28, 2006 at the age of 22.

On Father's Day 2006 while on my way to a job site in British Columbia I stopped off in Grande Prairie to visit Bruce. After landing and driving to the job site to pick him up, we went for dinner at a local restaurant and celebrated Father's Day. That evening Bruce stayed at the motel with me. In the morning we had breakfast then we went to his job site. Bruce went to work and I went on to Hudson Hope B.C. to do my job as a health and safety manager providing training to work safely.

The following week I drove back to Grand Prairie and we went for dinner again. Bruce told me it was time for him to come home and he would call us Wednesday night around 12:00 p.m. to let us know what time to pick him up at the airport on Sunday.

Wednesday, about 10 minutes to midnight, an unexpected knock at



*Bruce grew up playing hockey and rugby*

our door. It was a policeman who asked if anyone was home with me. I said yes my wife had gone to bed. He asked me to get her up as he needed to talk to us. We sat in the living room and I told him that the phone would be ringing at 12 o'clock as our son was out west and coming home. The officer's face went completely white and he said there has been an accident, Bruce had fallen 60 feet and died. Bruce's lifeless body came home that Sunday in the cargo compartment of an airplane. Bruce kept his promise but it was not what we wanted or expected.

During the first visitation at the funeral home, a young lady working there asked to speak with me. She said there was a new organization called Threads of Life that we might be interested in. They help families in our situation. She provided a phone number so we could contact them. I spoke with Shirley Hickman who invited me to attend a meeting/training session in September of that year.

I attended that session and it changed me inside for the better. Everyone was asked to introduce themselves and tell a little bit about their story. After telling about Bruce's death, and how it had broken my heart in

two, and the pain, a young lady told about losing her husband and the father of their very young children. That completely shattered all my feelings but I knew then our family could go on living with the pain even though it would take a long time.

Soon my wife Eva and I attended Threads of Life training sessions and became a part of the speaker's bureau and Volunteer Family Guides. We have also participated and spoken at several Steps for Life walks.

In 2011 I was approached by Adele Tait (Investigation Specialist at Alberta Government Occupational Health and Safety Investigation Unit) and asked if I would be interested in helping out with a new program that was to begin in Alberta. I agreed and flew to Calgary to have Bruce's story video taped and used by Safety in Schools to begin their program.

The Safety in Schools Foundation of Canada is a non-profit organization established in 2011 to deliver occupational health and safety courses free to high school students. From their grassroots beginnings that started with one school and seven students, they are now in over 450 schools in Alberta and Saskatchewan. Over 150,000 Safety in Schools students have received industry-recognized certificates.

I believe that life is like a string that is pulled tight with your fingers. Every event in life cuts the string making it not the same length so the string and our lives will be changed forever. It is up to us to live with the lasting results. We can choose to live quietly or to become productive and make a difference in the world. The Broughton family has chosen the latter, thanks to Threads of Life.

# What to expect at a Family Forum

by **Karen Lapierre Pitts**  
Manager of Family Support

Attending your first family forum can be very emotional. Hang in there, you are not alone. You may have anticipatory feelings bubbling up, and maybe even wondering what you've signed yourself up for. You may ask yourself 'what am I doing here?'

I remember what it felt like when I attended my first family forum in 2007. I was nervous, anxious, scared, and felt like I would burst into tears. Would I be able to speak without being an emotional wreck? I wanted to leave—but I didn't. I wanted to know what this was all about, so I stayed. What I found was that this was a safe place, and it was ok to feel overwhelmed. I recognized that I had a lot of work to do and things to learn. I needed this time for my own healing.

Threads of Life offers three family forums across the country each year. We are looking forward to meeting you, whether it's for the first time or not. We are honoured that you have chosen to share this time with our staff, volunteers, and families. We hope you will find the forum helpful in healing, valuable in learning about you, that you find some balance through real discussions about grief and loss, and gain some useful coping skills to guide you in the days ahead. Often when families return, they are surprised by how they look forward to reconnecting with the people they've met.

## Here's what you can expect at the Family Forum:

- A warm welcome.
- Reflections ceremony to honour your loss.
- Compassion, sharing, and listening ears.
- A friendly group.
- Tears and laughter.
- Learning.



*At a Family Forum you can expect compassion and listening.*

If you're attending a family forum for the first time this fall, we understand that it's hard to know what to expect, and that you may be nervous. That is normal. Even if this is not your first family forum but you still are unsure of something, you can always ask us. As the family support manager, please know I am always happy to chat or answer any questions you may have. Feel free to reach me by email [kpitts@threadsoflife.ca](mailto:kpitts@threadsoflife.ca) or toll free 1-888-567-9490 ext 106.

*Note: This article is excerpted from a longer blog post. Read the whole article at [threadsoflife.ca/news](http://threadsoflife.ca/news).*

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## Gathering this fall with online workshops

As the chill is returning to the air and summer is coming to a close, we're leaning into planning our fall gatherings: family forums, Thanksgiving dinner, and FamiliesConnect sessions. Here's what's coming up - if you'd like to come, we will save you a seat! Register at [threadsoflife.ca/familiesconnect](http://threadsoflife.ca/familiesconnect).

### **Caring For Your Grief**

October 18, 2023 6-8 p.m. EDT

### **Who Am I Now? Taking the Next Step**

November 15, 2023 6-8 p.m. EST

### **Habits - Tiny Changes, Remarkable Results**

December 13, 2023 6-8 p.m. EST



Threads of Life's current board of directors L-R: Shelly Dauphinee, Todd Smith, Wendy-Ellen Nittel, Russell Claus, Erin Pitruzzella, Bill Stunt, Jackie Manuel, Peter Deines. Absent: Grant Van Eaton

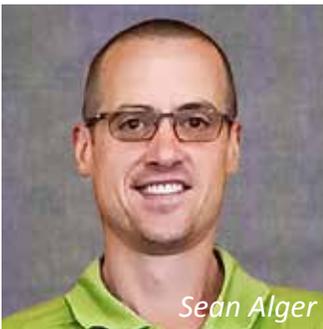
## Threads of Life welcomes new board members

Threads of Life's board of directors plays a crucial role guiding the organization and providing wisdom and expertise on governance, finances, human resources, and a range of other topics. We are honoured to welcome three new members to the board this year:

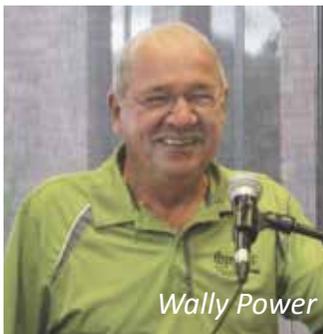
- Russell Claus is a family member from Nova Scotia who also works as an occupational health and safety coordinator for Parks Canada.

- Todd Smith is a family member from Ontario and the Vice-President, Projects at GFL Environmental
- Grant Van Eaton is a family member from Saskatchewan and Extended Services Program Specialist with the Workers Compensation Board of Saskatchewan.

We appreciate the willingness of all our board members to contribute their time and energy to making Threads of Life effective and successful.



Sean Alger



Wally Power

## Thank you Wally and Sean!

It's hard to say goodbye to those who have been such an important part of Threads of Life's growth. Two members retired from our board of directors this summer.

Sean Alger was a community board member from Alberta who works as SVP Corporate Services for Ledcor. Sean joined the board in 2019.

Wally Power began serving on the board in 2012. He is a family member from Nova Scotia, and had previously been part of the board of directors for the NS Workers Compensation Board. While retiring his role on the Threads of Life board, Wally continues as an active member of the Volunteer Family Guides and a volunteer speaker. He is well-known by attendees at the Atlantic Family Forum.

*Thank you to both Wally and Sean for your dedication to Threads of Life!*

# Volunteer Profile: **Lee-Anne Lyon-Bartley**

by **Sharon Freeman** Coordinator



*Lee-Anne Lyon Bartley*

**Q: What led you into a career in health and safety?**

I've always been interested in science and not quite sure exactly where to focus. I went to Toronto Metropolitan University studying public health which exposed me to several different topics of study, but I also took courses in occupational health and safety because the program included these courses. During my studies I could see the opportunity for possible jobs in either public health or occupational health and safety. At the same time, I was working at a large supermarket company and could relate what I was learning in school to my part-time employment, especially after being involved in a workplace incident where a worker almost lost one of his fingers cleaning a deli slicer in an unsafe manner.

Coming up on my final year of school I had two options on the table, one to do my practicum placement to become a certified public health inspector and the other to work at the large supermarket head office. I chose the supermarket opportunity which was an analyst position, and I was part of the team that was implementing a health and safety and food safety program.

Coming up on my final year of school I had two options on the table, one to do my practicum placement to become a certified public health inspector and the other to work at the large supermarket head office. I chose the supermarket opportunity which was an analyst position, and I was part of the team that was implementing a health and safety and food safety program.

**Q: How did you first come to know about Threads of Life?**

I think I first heard about Threads of Life and the Life Quilt when I was living and working in Fort McMurray, Alberta. I moved back to Ontario in 2006 and many years later kept hearing about the Steps for Life walk but never got a chance to join. Finally in 2019, after being challenged by Paula Campkin from the Women in Occupational Health and Safety Society (WOHSS), I suggested to my team and some other safety professionals that I knew to join my team and we did.

**Q: When did you start volunteering?**

I was so impressed by how the event was run, the impactful speeches from the dignitaries and the family spokesperson that I asked how I can be more involved. Since then, I and others on my team have volunteered on planning committees in Toronto and Grand Prairie.

**Q: Why do you volunteer for Threads of Life?**

Simple and plain, to give back to community, to help families that must deal with the preventable workplace tragedies that have happened. I also enjoy connecting with the other planning committee members and seeing the event come together after months of planning. It's rewarding and I feel blessed to contribute. For anyone looking for an amazing and rewarding volunteer experience, I highly recommend volunteering with Threads of Life.

**Q: What's your favourite memory about your work as a volunteer?**

My favourite memories are hearing the family spokesperson; it always gives me the spark to keep going and doing what I do to prevent incidents and increase employee participation and engagement in workplace health and safety. I also enjoy seeing everyone coming together to support Threads of Life. I often will see colleagues I haven't seen in a long time.

**Q: What other community volunteering do you do?**

I have been a volunteer with one of the Workplace Safety Prevention Services (WSPS) Advisory committees for ten years. I volunteer with MySafeWork from time to time and contribute to their events. I'm currently a member of the Prevention Council of Ontario serving my first three-year appointment. In addition to this, I volunteer at events in the Jamaican-Canadian community thanks to my mother who showed my brother and me what it means to give back to community. She has led a volunteer organization for 45 years and counting, called the Heritage Singers Canada.

**Q: How do you feel your involvement with Threads of Life aligns with your other health and safety roles?**

Apart from supporting prevention through volunteering with Threads of Life, I've gained other skills. I was never a big social media user and thanks to my support on the media team, I've improved my skills there, I've had the chance to practice public speaking when I was co-MC last year, learned how to quickly pivot during the pandemic and use an online game called GooseChase to boost engagement, and more. These skills have helped me beyond volunteering with Threads of Life. I've found that usually when one volunteers you get far more in return than you ever give to the organization when you volunteer with the genuine intent of simply giving back.



Volunteer speaker, Elisa Kilbourne shares her story with college students

## Partnering for impact: Threads of Life speaker's bureau

*Storytelling is one of the important ways humans communicate and learn, so it's no surprise that Threads of Life's volunteer speakers have a huge impact when they share their personal experiences. As the organization marks its 20th anniversary this year, the speaker program continues to influence individuals and workplace safety cultures.*

The speaker's bureau was born in 2005 when founder Shirley Hickman was asked to take on a program coordinated by Ontario's WSIB. It began with six volunteer speakers including Shirley herself. Today there are more than 60 active speakers, who share their personal stories at schools, colleges, workplaces, conferences and ceremonies.

This November, new volunteers will participate in training to become the program's newest members. Also this fall, a new coordinator will take over the speaker's bureau. CK DesGrosseilliers has been a volunteer speaker herself for a number of years and looks forward to working with volunteers and clients and expanding the program's reach.

In 2022, Threads of Life volunteer speakers made 88 presentations, heard by more than 11,000 people. The impression these speakers leave behind is illustrated by the number of companies and organizations that return year after year to request a presentation.

Toyota Motor Manufacturing Canada (TMMC) has been a supporter of Threads of Life since the earliest days and has continued to host Threads of Life volunteer speakers, particularly to share stories during their supervisory meetings. This summer, TMMC arranged to have speaker volunteer

Todd Smith share his experience with roughly 200 supervisors and managers.

"Injury prevention is our priority," said Teresa Charters, Manager-Safety in the Human Resources Department, who arranged for Todd to come. "I am hoping that the speaker helped to drive that messaging home to our supervisors. Todd was clear, concise, well-spoken and helped the audience understand how the tragedy of his brother's work-related death impacted him, his family and his brother's former employer. He helped us reinforce how important safety is and bring home the reality of how none of us want to be in that position."

Thanks to some committed funders and donors, this fall students and young workers in a number of communities will have the chance to hear a similar real-life story and safety message, as part of Threads of Life's marketing campaign for colleges and universities. The speaker's bureau is a key route for new partners, family members and volunteers to learn about Threads of Life, and helps to create the culture change that will prevent future tragedies.

Saskatchewan's Common Ground Alliance booked a speaker for the first time earlier this year, and have invited volunteer Leica Gahan back for a national event this fall. SCGA Executive Director Shannon Doka said "Hearing Leica's story from her heart brings true life to a situation. If we don't share then no one knows that there is this dark reality that incidents happen all around us and can change our lives in an instant. Thanks to the Threads of Life organization for giving loved ones the strength to speak about their tragedies."

# Together, building 20 years of hope and healing



Threads of Life invited all our family and friends to help us mark our 20th anniversary. Many of you joined us in June for an event to look back at two decades, and ahead into Threads of Life's future. Thank you to all who attended in person and virtually; to MC Peter Deines, Chief Brand & Revenue Officer, BGE Indoor Air Quality Solutions; and to our four panelists, below. You can watch a recording of the panel discussion at [youtube.com/threadsoflifeCanada](https://youtube.com/threadsoflifeCanada).

“ In 2003 I was only hoping to help one more family. Currently, Threads of Life is providing services to more than 3,600 Canadian family members. For the future, I hope that Threads of Life continues to build on that same philosophy, considering the needs of families; considering what we can do to prevent one worker from being injured.”

**Shirley Hickman**, Executive Director and Founding Member, Threads of Life

“ CCOHS and Threads of Life ... share a conviction that all workplace injuries and illnesses are preventable as well as a vision of the future where people don't get sick or die from the work that we do. We must continue to do better, and you're the reminder, every day, that we need to keep going.”

**Anne Tennier**, President, Canadian Centre for Occupational Health and Safety (CCOHS)

“ In a perfect world, there would be no need for Threads of Life because people would not lose family members going to work. But it's not a perfect world ... On behalf of everyone at the WSIB, thank you for 20 years of being there for people, and your unshakeable commitment to workplace health and safety.”

**Rod Cook**, VP Workplace Health and Safety Services, WSIB

“ My time with Threads of Life has allowed me to not only turn a painful and difficult part of my life into something positive, something helpful for others, but also allowed me to continue my healing journey ... in a way that I didn't even know that I needed. The healing power of Threads of Life, that's granted to it by family members, staff, donors, is something that I didn't understand until I was part of it. I hope I can contribute to it for many more years.”

**Russell Claus**, Family Member and Director, Threads of Life



## Walking together, hand-in-hand, heart-to-heart

Our walkers, volunteers, donors and sponsors all brought their hearts last spring, to help those affected by work-related tragedy. Together, they were part of the most successful year ever for Steps for Life, our annual Threads of Life fundraiser. For the first time, Steps for Life raised more than a million dollars!

### Whether you walked, donated, sponsored or volunteered (or did all four!), your hard work means:

- More new families will be matched one-to-one with trained Volunteer Family Guide listeners throughout the year;
- High school and college students across the country will hear a prevention message this fall;
- Thousands of families and supporters can continue to read healing stories and articles in our quarterly newsletter;
- Volunteers will be trained in November to lead workshops for injured and grieving individuals.

Of course, Threads of Life's annual Steps for Life event is not just about fundraising. It's also an opportunity to raise awareness about the importance of workplace health and safety, and you succeeded in that too, by sharing your support and your reasons for walking. This fall, communities across Canada are gearing up for Steps for Life 2024 and we can't wait to see what happens!

## Side by side for 2024

Side by side and stride by stride, communities across Canada are getting a head start this fall on their plans for 2024 Steps for Life events. We anticipate at least 28 in-the-park events, and maybe even some brand-new community walks! If you'd like to help plan your local event, please reach out to Steps for Life Manager Heather Lyle – [hlyle@threadsoflife.ca](mailto:hlyle@threadsoflife.ca) or 888-567-9490 ext. 107.



## Upcoming Events

- **Families Connect online workshops**  
[threadsoflife.ca/programs/families-connect-workshops](http://threadsoflife.ca/programs/families-connect-workshops)
  - Christmas, anniversaries and celebrations ... Oh My!  
September 20
  - Caring For Your Grief - October 18
  - Who Am I Now? Taking the Next Step—November 15
  - Habits - Tiny Changes, Remarkable Results - December 13
- **Western Family Forum**  
September 22-24  
[threadsoflife.ca/wff](http://threadsoflife.ca/wff)
- **Central Family Forum**  
October 27-29  
[threadsoflife.ca/cff](http://threadsoflife.ca/cff)
- **Volunteer Family Guide training**  
November 23-28
- **Speaker's Bureau Volunteer training** - November 23-26

### SHARE THIS NEWSLETTER!

Pass it along or leave it in your lunchroom or lobby for others to read.

## How to reach us

Toll-free: 1-888-567-9490  
Fax: 1-519-685-1104

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**Threads of Life** is a registered charity dedicated to supporting families along their journey of healing who have suffered from a workplace fatality, life-altering illness or occupational disease. Threads of Life is the Charity of Choice for many workplace health and safety events. Charitable organization business: #87524 8908 RR0001.

### MISSION

Our mission is to help families heal through a community of support and to promote the elimination of life-altering workplace injuries, illnesses and deaths.

### VISION

Threads of Life will lead and inspire a culture shift, as a result of which work-related injuries, illnesses and deaths are morally, socially and economically unacceptable.

### VALUES

We believe in:

**Caring:** Caring helps and heals.

**Listening:** Listening can ease pain and suffering.

**Sharing:** Sharing our personal losses will lead to healing and preventing future devastating work-related losses.

**Respect:** Personal experiences of loss and grief need to be honoured and respected.

**Health:** Health and safety begins in our heads, hearts and hands, in everyday actions.

**Passion:** Passionate individuals can change the world.

# Why you should become a monthly donor

**When you become a monthly donor for Threads of Life, there are benefits for both you and us:**

- **Easier on your bank account** - You spread your gifts out over the year, rather than making one or two larger donations.
- **Easier, period!** - Once you commit to being a monthly donor, you don't have to think about it. Your gifts come automatically. It's easy to set up on our website donation page or through our office.
- **Greater impact** - With committed monthly donors, Threads of Life can predict cash flow and better plan ways to carry out our mission of helping families and preventing tragedies.

If you'd like to become a Threads of Life monthly donor, please visit [www.threadsoflife.ca/donate](http://www.threadsoflife.ca/donate) or call our office at 888-567-9490.

