

# threads of life

VOL.22 NO.2 SUMMER 2024

PREVENTION | SUPPORT | PARTNERSHIP

## In praise of community

There's nothing more inspiring and comforting than seeing a community come together. Threads of Life is a community of family members supporting one another in healing. Making us even stronger is the broader community - volunteers, safety professionals, committed partners, friends and family who join hearts and hands to work for safety and support. United in community!



Community gathers for Steps for Life Thunder Bay

### MESSAGE FROM THE CHAIR

Bill Stunt



When I first agreed to serve as chairperson for the Threads of Life board of directors in 2011, none of us could really imagine where Threads of Life would be now. The organization has grown and developed, working to meet the increasing numbers of families who come seeking support, and the changing world around us. It has been my privilege to be part of

Threads of Life over these years both as a director and a family member. I will continue to serve on the board, but longtime director Peter Deines will take over as chair following our annual general meeting. Thank you for all the support I have received in this role from my fellow board members, staff and volunteers.

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# Close to the heart: Ian's story

*For many health and safety professionals, a personal loss is part of the motivation for the work they do. And the tragedies they are exposed to through their job only heighten their commitment. Here, Threads of Life family member Christine shares her own experience, and the importance of young worker safety in particular.*

by **Christine O'Donnell**

**I would like to share a story** of a workplace injury that is close to my heart.

**He left the house** like any other day to attend his job in the construction industry.

**He was untrained and not prepared** for the task requested by his supervisor.

**He was only 28 years old.** He had a wife. He was a new dad and step-father.

**He was working** with defective equipment.

**He was working** on the shores of a lake and the equipment he was using was from an electrical source.

**He was electrocuted** and his death was due to drowning.

**He died alone.**

**He was not given a chance** to say "goodbye."

**He was laid to rest** the day before his parents' 30th wedding anniversary.

**His name was Ian.** *He was my cousin.*



*Ian was a son, husband, dad, brother, and cousin.*

This year is the 25th anniversary of Ian's death and to this very day my uncle's eyes fill with tears at the mention of his name. My aunt is still devastated over the loss of her first born.

**When I first started my job as a Health and Safety Inspector, I reviewed many investigations. I still recall reading my first fatality file ... It may not have been my personal loss; however, it did leave an imprint that 15 years later I can still remember.**

They say the most stressful, life-altering moment in time is the loss of a loved one. The loss of one's child, no matter the age, is inconceivable to most. Ian's two brothers Steve and Paul and sister Nancy lost their big brother. Ian left behind a loving wife, a stepdaughter Samantha (then 8) and son Mark (then 5). There is a photo of Ian and his children in a prominent place in my aunt and uncle's home, his face smiling in laughter at some joke long since forgotten, hugging his kids.

Many families like Ian's have been tested and tried in ways too difficult to express with mere words. No family should feel such devastating loss.

Training, training, training...is the phrase I have expressed in my job as a Health and Safety Inspector to many employers.

It is critical that everyone in the workplace has been trained to understand their role and responsibilities. To understand in a meaningful way that ensures compliance with the standards prescribed in Occupational Health and Safety.

The training must be equally delivered to the most senior manager, as she or he will be the role model of overall safety in the company. The middle managers must be trained to ensure that health and safety is more important than operational demands. The supervisors must be trained to ensure that health and safety is a daily concern, every hour of the day.

A comprehensive Occupational Health and Safety program results in a safer and more productive workplace.

The employees must be trained to not just know their rights and responsibilities, but to **understand** and **be empowered** by them to act if or when required. Finally, the “newly hired” employee must be trained to know all the hazards of the workplace before day one. There should be no such thing as “on the job training.” The newest employee should be protected with training, knowledge, and the ability to ensure their own safety at work before they take the first step of operating equipment or the workload.

When I first started my job as a Health and Safety Inspector, I reviewed many investigations. I still recall reading my first fatality file. There was a photo of a covered body at the scene. Extended from the cover was a hand. He was wearing a wedding band. I immediately thought of his wife and children. It may not have been my personal loss; however, it did leave an imprint that 15 years later I can still remember.

In my role as an inspector, I conduct hazardous occurrence investiga-

tions in the workplace. The purpose of such assignments is to determine the root cause of the incident. To determine if there were any violations of the Occupational Health and Safety legislation. To take action with the employer, to ensure that there will not be any further incidents.

### **This year is the 25th anniversary of Ian's death and to this very day my uncle's eyes fill with tears at the mention of his name.**

It is with a focus of prevention. Meaningful and fully-understood training improves the overall knowledge of all parties in the workplace. The responsibility of health and safety is embraced by all. Workers are encouraged to look out for each other, with the empowerment to stop a shortcut, or stop the operation, to swiftly address a health and safety issue.

Not “get the ticky” training, not “on the job training”, not “read this when you get a chance” training.

Young workers are the most vulnerable at work. Those injured are often male, under 30 and with less than a year's experience.

Ian was a male under 30 with less than a year of experience. He was untrained, only getting the “on the job” training. Yet clearly, he was more than a statistic.

**He was a cherished son** of my aunt and uncle.

**He was a big brother.**

**He was a husband and a dad** of two young children.

**He was my cousin.**

**His name was Ian.**

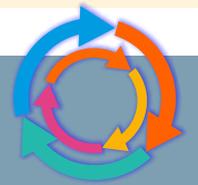
*Thank you for letting me share my story.*

## Where to turn for young worker safety

Ensuring the health and safety of new and young workers is a responsibility shared by employers, supervisors and co-workers as well as the young workers themselves, but parents, community members and others feel that responsibility as well. Fortunately there are excellent resources available to help.

Check the government department responsible for workplace safety in your province, the compensation board and health and safety associations for the industry. The Canadian Centre for Occupational Health and Safety shares tools and information at [cchohs.ca/youngworkers](https://cchohs.ca/youngworkers).

And Ontario's Workplace Safety and Prevention Services recently launched its First Job, Safe Job page with blog posts and resources – find it at [engage.wsps.ca/first-job-safe-job](https://engage.wsps.ca/first-job-safe-job).



### Threads of Life believes sharing your experience of workplace tragedy helps you heal.

#### Are you ready to share?

You could write a reflection on one idea, write a poem, draft a post for our blog:

[threadsoflife.ca/news](https://threadsoflife.ca/news), or

share your full story as two family members have in this issue. To learn more, email:

[Susan at shaldane@threadsoflife.ca](mailto:Susan@shaldane@threadsoflife.ca).

# A best friend, mentor and hero: Ross' story

by **Dylan Angus**

**M**y dad, Ross Angus, was 48 at the time of his death, and he died at work while getting an elevator ready for inspection.

My dad was an amazing person. He grew up relatively poor and had to work for every single thing he ever had. He was a devoted father to me, my sister, and my stepbrother. He was an amazing son to my grandmother, Danna. He was a loyal friend, the most loyal you could ever ask for. He would drop everything he was doing to help a friend in need. He was also a hockey/football coach for over 25 years. Very well-known and respected, he was a pillar of his community. He was a very safety conscious individual. He invented protective undergarments for hockey players after watching a kid almost die playing hockey, when a skate sliced the kid's artery. He was a traditionally masculine man, and someone that many young men looked up to, including myself. He was my best friend, my mentor, and my hero.

My "knock on the door" actually came while I was at school. I was in class, and my teacher got a call over the intercom. My teacher asked me to gather my things and make my way to the office; he told me that I would be going home. Being a bit of a trouble-maker, my first thought was that I was



*Ross Angus was a pillar of his community and a best friend to his son*

in trouble. I even stashed some stuff in my locker that I shouldn't have had. I made my way to the principal's office, where I could hear my mum and my sister crying. I thought to myself "this is bad, what could I have possibly done to get this kind of response?"

## **I did not want to exist in a world without my dad.**

How wrong I was... Once I walked through the door, my mom looked up at me and said "Dylan, something horrible happened. Your dad was killed at work today." My entire world collapsed. I could not believe what I was hearing. I wanted to run into the farmer's fields that surrounded my school and run away. I did not want to exist in a world without my dad. He was supposed to pick me up after school that day. We were going to go get my learner's driver's license. My hockey team had playoffs coming up. This couldn't be happening.

What had happened to my dad was a complete accident; to this day it still doesn't make sense why it happened. He was an elevator adjustor (the highest paid/most skilled type of elevator

tech) with over 30 years' experience in the trade. There was nothing to do with elevators my dad did not know. He was also known by his co-workers as a "tight ass" on safety.

That day, he and his helper (apprentice) were getting an elevator ready for inspection. My dad was late that day (very unlike him) and when the helper tried to reach him, he couldn't get through (there was a nationwide BBM/Blackberry outage) so he decided to go to the elevator and ride it up to the machine room to get started on some things. My dad walks in the building 45 seconds later (I know it's 45 seconds because I went to the coroner's inquest and watched the videos) and makes his way down the hall to the elevator. The night prior, my dad had left the elevator in a "split-door position" which means that the outer doors are closed, and the elevator is positioned in a way that the top of the elevator is at floor level. My dad inserts his lunar key into the door (a key that elevator techs carry, allows them to open the elevator doors manually) and goes to start opening it. As he does this, down the hall there are a

couple of drywallers fighting or making a lot of noise, distracting my dad for a split second. He failed to follow the six-inch rule (where an elevator tech stops opening the door when it is six inches open, shining a light inside to ensure the elevator is there) and stepped into the hoist way, thinking the elevator was there. It was not, and he fell four stories to his death. The helper and the TSSA inspector found him there around an hour later.

The coroner's inquest came up with some recommendations to make the industry safer. None of the recommendations have actually been made into code over a decade later, unfortunately. No one person was found at fault for the accident. Ultimately, my dad failed to follow a very important rule and it led to his death. He always had so much on the go at any given time, I can only theorize that he was very distracted that day. This, coupled with the distraction from the drywallers, was enough to make him make a fatal mistake.

I was 16 when he died. I had no idea what it was to be a man, and he was the one I looked to for guidance. They say you should be the strongest man at your dad's funeral. I learned this the hard way when I had to be there for my family, as a 16-year-old kid. My sister, 13 at the time, was in complete denial for several days after. I don't think it truly hit her until we saw our dad dead in a casket at the funeral home. I remember lying in my sister's bed the day he died, hugging her and telling her everything was go-

ing to be okay.

Fast forward over 10 years, and I am still dealing with the effects of this accident. Whether it's noticing my shortcomings as a man, having to teach myself things that he should have been able to teach me, or the constant anxiety I deal with on a day-to-day basis, the effects are still very much present in my life. The inability to say goodbye to a family member or friend without hugging them and telling them I love them, for fear of that being the last time I see them. My grandmother had to bury her son. She got cirrhosis, lost all of her hair, and her mental health deteriorated. She is doing better now, but the effects of losing her son will never really go away.

**No matter how good you think you are, or how confident you may be in your ability, you are not better than my dad. We all play this dangerous game of life, and mistakes can be lethal**

Through my career in elevators, I was informed about the late Tim DesGroseilliers and his sister CK's involvement in Threads of Life and Steps for Life in Canada. I saw her in an internal safety video she did with TK Elevator. I was inspired by her story and reached out to Threads of Life to get involved. I found strength in this organization, and through volunteering with them,

I found purpose. Anyone who has lost someone at work could benefit from Threads of Life, participating in the Steps for Life walk, and volunteering with the organization – spreading awareness with the hope that our efforts will save even just one life, which would make all our efforts worthwhile.

My message to people is this: No matter how good you think you are, or how confident you may be in your ability, you are not better than my dad. We all play this dangerous game of life, and mistakes can be lethal. If you have made it 10/20/30 years in your field without a serious accident, ask yourself this. Am I really that good, or am I just lucky? Go look at the list of people who have been killed in your industry. In my industry (elevators) the list of fatalities is mostly filled with guys who had 20+ years of experience. This is because experience leads to complacency. You need to take a serious look at yourself and ask yourself that question.

You may think it is really scary to call out a colleague for doing something stupid or unsafe. Especially if you are new in your industry. If this sounds like you, my message to you is this: If you think it is scary to tell this person they are being unsafe, I can promise you it is scarier to go to their funeral or wake and look their family in the eyes and say these dreaded words... "I am sorry for your loss". Those images will be burned into your memory forever.

**Refuse unsafe work. Refuse to be another statistic. Speak up, be a hero.**

## Need a pair of work boots? Consider Mark's

Looking for a pair of anti-slip footwear? Be safe AND support families with Mark's! This large Canadian retailer will donate a portion of proceeds from the sales of the antislip Tarantula line of work boots. Look for our logo on the boot tag.

Smart  
Clothes.  
Everyday  
Living.

**Mark's**



# YOUR HEALING TOOLKIT



## How to get a better sleep

### Why is this tool helpful after a workplace tragedy?

Any major change in your life can disrupt your sleep patterns – and sleep affects everything else! We need sleep to refuel our bodies and minds, and regulate our bodies' functions. When you're trying to heal emotionally or physically after a workplace tragedy, sleep is a vital ingredient. But if you're having trouble sleeping, you're not alone. Try some of these tips from [sleeponitcanada.ca](http://sleeponitcanada.ca).

### How can I get started?

- **Maintain a regular sleep schedule** – Try to keep a regular bedtime and wake-up time, even on weekends or after a bad sleep.
- **Create a bedtime routine** – It's important for adults as well as kids to have predictable patterns leading up to bedtime.
- **Set up your bedroom for sleep** – Aim to have your room dark, quiet and cool.
- **Build a connection between bed and sleep** – Don't use your bed for wakeful activities like working or watching TV.
- **Avoid bright light before bed** – Use dim light in the evening and stay away from the blue light of cell phones and computers.
- **Be careful what you eat** – Avoid heavy, fatty or spicy meals and snacks late at night.
- **Stay away from stimulants** – Caffeine, nicotine and alcohol can affect the quality and quantity of your sleep.
- **Exercise regularly** – Physical activity, ideally earlier in the day, can help with deeper sleep.
- **Stay awake through the day** – If you do need to nap, keep it short and early in the afternoon.
- **Build in relaxation** – Techniques to manage stress can also help you get a better night's sleep.



## Free Resources

- [sleeponitcanada.ca](http://sleeponitcanada.ca) is a public health campaign on sleep with plenty of free materials, like sleep diaries and tips for different age groups.
- Your public library will have books on sleep – *The Sleep Revolution* by Arianna Huffington is a popular one.

# Volunteer Profile: **Katie Giesbrecht**



There are many different paths to healing. For Threads of Life volunteer Katie Giesbrecht, sharing her personal experience has proved to be one of those paths. Katie is a Threads of Life volunteer speaker and

a newly-trained Volunteer Family Guide. She has also helped with family forums, and assists with Steps for Life.

Katie first learned about Threads of Life through her daughter, around two years after the death of Katie's son Bryan. Katie and her daughter Nikki attended a family forum, where Katie realized how much she needed the support, but how reluctant she felt to face some of the emotions she was dealing with.

A year or so later, Katie volunteered to join the speakers' bureau.

"It was personal," she says. "I thought that maybe this was something I could do to help me. It was an opportunity to talk about Bryan, and I felt like I needed to vent." And while sharing her story did become healing, it went way beyond venting.

"After my first presentation, I felt like I did have something to say," a safety message to contribute, she adds. "If at least one person, one kid truly hears

me, then it's meaningful."

Her favourite memory of volunteering was a presentation she made at a major oil and gas site in Fort McMurray. The company was holding a safety stand-down for all its employees. As Katie was preparing to speak, "the buses kept pulling in; they kept setting up more chairs." In the end there were roughly 3500 people in the audience, and "it was just wild that the company had gone out of their way to hear my story. I realized it did make a difference for those people."

After a number of years and many presentations, Katie decided recently to add Volunteer Family Guide to her volunteer roles, seeing it as a next step for her. She feels a little daunted by the idea of supporting someone this way, but knows how important it is to find "that person who doesn't judge, but can just listen."

For Katie and her family, volunteering is built into their values. She has always volunteered for various community organizations, and her son Bryan also volunteered from the time he was a kid. So for her, volunteering is reaching back to honour Bryan's memory, and reaching forward to make sure his legacy is a strong one.

"Bryan was just born with this kind heart," Katie says. For her, volunteering is about "those moments in life when you can think 'maybe I helped somebody'."

## Honouring our volunteers

Threads of Life has more than 350 volunteers, who do everything from peer support for family members to flipping burgers at Steps for Life. They are trained listeners, speakers, ambassadors, organizers, marketers, and all-round champions for Threads of Life and for the family members we serve. During National Volunteer Week we honoured all our volunteers, and a few specific award winners, during our annual virtual Volunteer and Partner Award Ceremony. We are so grateful to all those who volunteer their time and energy for Threads of Life. Without you, the work would not be possible.

10-year recognition of active & current Family member volunteers	Barb Murray
A board member of Threads of Life	Jackie Manuel
A Partner of Threads of Life	Workers Compensation Board of PEI • Graham Construction Nova Scotia Department of Labour, Skills, Immigration • Mark's
Program Advancement in Family Support	Debbie Glenn • Sharon Freeman
Program Advancement in Community Action	Elaine Mailman • Leea Boxall • Shawna Harroun • Leica Gahan
Steps for Life Length of Volunteer Service	Krysta Cleary (St. John's) • Tammy McCabe (St. John's) Sandra Beniuk (Toronto) • Dave Beatty (Toronto) • Randy Keizer (Timmins) • Tamera Madden (Fort McMurray)

# Weaving a Tapestry of Hope



At Threads of Life, we believe that every act of kindness and generosity is a thread that, when combined with others, weaves a powerful tapestry of hope. In fact, we believe in this vision so much that we have launched the Tapestry of Hope Club – a remarkable community of recurring donors who are at the heart of our mission.

When you become a member of the Tapestry of Hope, you become a lifeline for families in need. Your on-going support allows us to provide vital services, support, and resources to those who are navigating the aftermath of workplace tragedies. It's not just a donation; it's a commitment to building a safety net of compassion and understanding, ensuring that no family has to face their journey alone. For more information and to become a member, contact Threads of Life Director of Development Lorna Catrambone at 289-651-2988 or [lcattrambone@threadsoflife.ca](mailto:lcattrambone@threadsoflife.ca)

## Donors Like You: Peter Smith

By Bailey Dunyo,  
Marketing Coordinator



recurring monthly donor – part of what Threads of Life calls its Tapestry of Hope.

He sees his ongoing support both as a mark of his commitment to the overall mission and vision of Threads of Life, but also in more concrete terms: “From a practical point of view, I understand and appreciate the benefits of having predictable funding so that the delivery of services and programs can be planned more strategically year over year.”

He continues, “I also want to support Threads of Life’s current push to become more recognisable and reach more diverse populations.”

### Championing a safer future for all workers

“When people go to work, they are often serving their community or broader society, making things better for others. Like those at Threads of Life, I feel that it is unacceptable for anyone to die as a result of doing this,” Peter says.

He continues, “Work-related fatalities are a long-standing issue, and we have not seen decreases in these numbers over the last decade. I’d like to see people within and outside of the health and safety community work together, to help bring about meaningful decreases in workplace injuries, illnesses, and deaths.”

Peter’s dedication to Threads of Life as a member of the Tapestry of Hope underscores his commitment to both immediate support for affected families and long-term efforts to prevent workplace tragedies. Through his contributions and advocacy, he embodies the mission of Threads of Life and champions a safer future for all workers.

Peter Smith’s connection to Threads of Life began when a colleague in his field of health and safety introduced him to the organization. Although Peter has not experienced a workplace tragedy personally, he quickly recognized the vital role that Threads of Life plays for those who have.

He shares, “I have heard too many stories about those who have experienced a workplace tragedy. This includes hearing stories from participants in the Speakers Bureau at Threads of Life, which are always impactful. I cannot imagine the emotional impact of such a situation, but I believe in the mission and values of Threads of Life to care, listen and support families through their healing process.”

### Becoming a member of the Tapestry of Hope

These experiences, combined with his dedication to safer workplaces in his own career, inspired Peter to become a

# A perfect alignment of purpose: Mark's Commercial.

It was a case of perfect timing: Mark's Commercial, the business-to-business division of the iconic Mark's brand, was revisiting its corporate strategy. That's exactly when Adam Gaiser and Danielle Hanley decided to look into Threads of Life – and perfect timing gave birth to a perfect partnership.

Mark's had already been funding Threads of Life for many years when Adam, the Associate VP Commercial Division and Danielle, Manager, B2B eCommerce for Mark's Commercial, decided to look into it more deeply.

Mark's Commercial works directly with companies, providing compliant workwear and footwear as well as PPE, safety gear and uniforms. Adam and Danielle's first step was to learn more about Threads of Life, by inviting volunteer speaker Eugene Gutierrez to share his story with their staff team.

"Eugene's conversation with the team was very impactful," Adam says. "It shone a light on what we were trying to solve, ensuring that everyone gets home healthy and safe. Eugene brought a face to that, and a story to that. And then all our strategy work dovetailed back to Eugene's story."

From that point, the relationship has grown and blossomed. The Mark's Commercial team shares Threads of Life messages with their clients and staff through speaker events. They participate in Steps for Life, entering teams and raising funds in locations across Canada. Friends and family of the staff get involved in those teams, spreading the awareness even further. Mark's has facilitated introductions through their client base, helping to open doors to new speaker bookings and potential partnerships. On top of that, Danielle notes that Mark's Commercial is always on the lookout



One of the Mark's Commercial teams at Steps for Life Calgary 2024. Staff, family, friends (and dogs) all get involved.

for ways to promote Threads of Life through their social media networks. And Mark's continues to provide dependable funding every year.

Adam and Danielle had the opportunity to attend the Reflections Ceremony at a family forum, and that experience reaffirmed the partnership with Threads of Life continues to be worthwhile. Danielle has family members who've been personally affected by workplace tragedy, so for her the Reflections Ceremony hit home. The two organizations share common aspirations and are aligned to the same mission.

"We had founded our brand on safety," Adam says, but in working with Threads of Life and hearing family members' stories, "we really crystallized on who we want to be as a brand: helping people get home safely, every day

## How can we thank you enough?

This spring, there have been so many fundraisers and events supporting Threads of Life families! From barbecues to health and safety symposiums, from speaker bookings to bake sales, companies and individuals have been creative in finding ways to raise money and spread the word. To all of you, a great big

# THANK YOU!

# The true meaning of COMMUNITY!

No matter where you walked in Steps for Life this year, you were part of a powerful, compassionate community. Community draws people together; it helps and supports its members. With 30+ walk locations, more than 420 registered teams, thousands of walkers, 260 sponsors, and more than 200 volunteers, our caring, passionate Steps for Life community spread from coast to coast this spring. You made everyone feel welcomed and supported. You raised awareness and you created community. And let's not forget, you also raised record funds to support those affected by work-related fatalities, life-altering injuries and occupational disease. *You are amazing!*

## NEW WALK! Slave Lake AB



Slave Lake got its first-ever Steps for Life walk off to a terrific start this spring. A number of teams and community sponsors got the ball rolling and a generous donation of \$12,500 from Lubicon Lake Band #453 put the community's fundraising over the top!

Here, Slave Lake Steps for Life committee co-chair and Threads of Life family member Charlene Nahamko receives the donation from Band Councillor Tracy Laboucan-Carter. The donation was made in memory of Charlene's son, Gregory Podulsky.

## Kitchener ON

While the Kitchener-Waterloo-Wellington area has hosted Steps for Life walks in the past, 2024 was the first time back for this location, and the event exceeded walker and revenue expectations, raising over \$15,000 and bringing together more than 100 walkers at the Victoria Hills Community Centre.



## Montreal PQ



Montreal's first walk in a number of years attracted a committed crowd. The walk featured a great kids' hangout spot with bean bag chairs, a photo booth, slush drinks, colouring, bean bag toss, lego table and music... it was simply FUN!

Lethbridge AB



After a break of a few years, it was exciting to see Steps for Life return to Lethbridge in 2024 with more than 130 walkers enjoying the day at Legacy Regional Park.



## Team Challenge Winners, 2024

CATEGORY	Community	Team Name	Team Leader
NATIONAL TEAM Winner	Sudbury	Superior Propane Sudbury	Nicole Paguibitan
NATIONAL INDIVIDUAL Winner	Vancouver	Individual Participant	Danielle Mountjoy
Atlantic Canada TEAM Winner	St. John's	Jon's Way	Terri Murphy
Atlantic Canada INDIVIDUAL Winner	New Brunswick	WorkSafe NB	Anne Herrell-O'Neill
Central Canada TEAM Winner	Toronto	NORCAT	Dan Fleming
Central Canada INDIVIDUAL Winner	London	Work Boot Warriors	Mark Vaandering
Western Region TEAM Winner	Winnipeg	Team Helgy	Tami Helgeson
Western Region INDIVIDUAL Winner	Peace Region/ Grande Prairie	Team Linda - Stepping Up!	Linda Gerlitz
National Online Event TEAM Winner	National Online	Team WSIB	Andrea McKinney
National Online Event INDIVIDUAL Winner	National Online	Individual Participant	Eleanor Westwood
TEAM - Spirit Award Winner	Barrie	Relax Guys	Rose Wilson

## Upcoming Events

**Central Family Forum** Sept 27-29

**Western Family Forum** Oct 25-27

### Families Connect online workshops

[threadsoflife.ca/families-connect](http://threadsoflife.ca/families-connect)

- How can we help you? Intro to Threads of Life - check the website for date and time
- Do you have a grief season? - June 26
- What do you do for your own self-care? - July 24
- Summer games night - August 28
- Benefits of a book club - September 18

## SHARE THIS NEWSLETTER!

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

### To Donate



## How to reach us

Toll-free: 1-888-567-9490

Fax: 1-519-685-1104

Association for Workplace Tragedy

Family Support - Threads of Life

P.O. Box 9066

1795 Ernest Ave.

London, ON N6E 2V0

[contact@threadsoflife.ca](mailto:contact@threadsoflife.ca)

[www.threadsoflife.ca](http://www.threadsoflife.ca)

[www.stepsforlife.ca](http://www.stepsforlife.ca)

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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 injury 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.

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# Become a thread in our Tapestry of Hope!



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.

The Tapestry of Hope is our new club for monthly donors. When you give monthly to Threads of Life, you provide sustainable, predictable funding to support those affected by workplace tragedy. It's not just a donation; it's a commitment to building a safety net of compassion and understanding, ensuring that no family has to face their journey alone.