

# threads of life

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PREVENTION | SUPPORT | PARTNERSHIP



Photo by Yaroslav Shuraev, Pexels

## LOOKING *FORWARD*

Twenty years ago, Threads of Life began when a few families and partners with a passion for change, joined forces. Today we serve more than 3,600 members who've all experienced a workplace tragedy. New families continue to come every month, like the two whose stories are in this issue. While our 20th anniversary was a chance to look back at our development, we're also looking forward at how we can ensure those families' needs are met, and work for a time when Threads of Life is no longer needed.

### MESSAGE FROM THE CHAIR

Bill Stunt



"Twenty years of hope and healing" is the phrase we've been using throughout 2023, the 20th anniversary of Threads of Life. For each of our members, the timeline is different. Some, like founders Shirley and Sharon (page 4) have been part of Threads of Life since it began. Others, like the two family members who share their personal experience in this issue, are much newer to our organization.

For each of us, the healing is different too – we're looking for different things from Threads of Life, we tap into different programs and have different levels of involvement. As we close out this anniversary year, Threads of Life is looking ahead to the coming years and decades, considering the needs of these newer members along with our longtime families, to ensure the hope and healing continue.

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

## A mother's story

by Marlyn Quast-Frank

“Larger than life”. That is how most of Colton’s friends and family have described him since he unexpectedly left this world. He lived his short life to the fullest and is remembered most for his kind and loyal heart, gentle and dedicated spirit, his fierce love of friends and family, and his larger-than-life attitude and presence.

Colton and his fiancé, Taylor, had moved from our hometown of Medicine Hat to Edmonton in 2015, where she attended university to complete the final two years of her teaching degree. Colton took a job as an apprentice electrician, and over the next five years, Taylor graduated and settled into a job with the Edmonton school district teaching grade one, while Colton worked for a commercial electrical company and went to school to complete his journeyman’s ticket. They got engaged in the summer of 2018 and had the most beautiful life ahead of them. Until the unimaginable happened.

You never expect your child to go to work one day and not return home. On February 13, 2020, we received a frantic call from Taylor that changed all our lives forever. There had been an accident at his workplace, and he had been electrocuted. We had no idea of the severity, and my mind instantly went into denial. He’d be ok. This stuff happens to other families, but it just can’t happen to us! We



*Colton lived life to the fullest.*

quickly packed our bags and began the 5.5-hour drive north to the hospital they had transported him to. As we pulled onto the highway, I made a call to the emergency room at the hospital to see if I could get more information. They immediately put me through to the hospital chaplain, and in that moment, I knew it was much worse than my mind was allowing me to believe. We were not given much information, but we were told it was in our best interest to get there as soon as possible. My husband made the trip in four hours. I remember rushing into Colton’s hospital room thinking that he would be sitting up and would greet us with his humorous grin and some funny comment, but instead, his body appeared lifeless, and he was connected to so many breathing tubes, machines and monitors keeping him alive that it stopped me in my tracks. Panic overtook me,

and I was somehow living in the midst of a mother’s worst nightmare. I just wanted to wake up.

The following six days were filled with respiratory therapists, doctors, specialists, and many tests. The final prognosis was that Colton had sustained an anoxic brain injury due to his injuries and somehow, we had to make the unthinkable decision to remove him from life support. On February 19, 2020, six days before his 26th birthday and five months before he was to marry his soul mate of seven years, we watched our son take his last breath. It is an image that is forever imprinted in our hearts and minds. Life felt so unfair. How in the world do you move forward from something like this?

In the days and weeks that followed, I remember having a counseling appointment set up for us

—A Mothers Story *cont. on pg.5*

## A brother deeply missed

by Tera Colville



*Jamie had his whole life to look forward to.*

In June of 2021, we all gathered to celebrate Father's Day and our father's birthday for the weekend at our parents' home in the Haliburton Highlands. When Jamie left for his work week that Sunday, we hugged him and told him we loved him, not knowing we would never see him alive again.

Jamie was the middle child and only male, to carry on our family name. I am Jamie's older sister, and our younger sister's name is Kristi. We all enjoyed a close and loving relationship with Jamie and were dependent on him for his open mind for a different view, care, companionship, and guidance. Jamie was always eager to help and offer advice.

Jamie had many talents. He excelled in music. Primarily self-taught, he played both the acoustic and electric guitar, and the drums. He had a distinct ear for chords and remarkable memory for lyrics. His taste was unique, and he was also an extremely talented artist. His art was a way of expression. He was known well for his modern Anime and Marvel drawings.

Jamie was an outdoors man who loved getting off grid and backcountry camping. He was physically fit and had a great flair for vegan dishes; he loved to cook and share his favorite recipes. He passed his time shooting targets with his bow and arrow and enjoyed jogging the back coun-

try roads up north. We all loved the fires he would build and tend to while playing our favorite songs. He was an animal lover; he had a young Doberman Pinscher named Reece he adored and loved playing with the family pets. Animals were drawn to his kind and gentle soul. Jamie had an enormous bucket list that will never get completed. He enjoyed snowboarding and his time spent in the Canadian Rockies.

Jamie was just 34 and had his whole life to look forward to. He just met a new girl who shared his love for adventure. We will always wonder if Jamie would have had a family of his own. Our parents were viewing a house for him on Monday June 14, 2021, and were prepared to make an offer on it, so he could start a new chapter in his life. They just returned home when an O.P.P. Officer arrived to relay the shocking news of a catastrophic explosion in the workplace that morning. Jamie was struck and killed instantly at 9:30 a.m.

We were able to say goodbye to my baby brother in the flesh. I told his spirit to pass peacefully, not to be burdened by our sadness, and that

his death would not be in vain. Sharing Jamie's story from the perspective of a workplace tragedy survivor will help bring awareness to workplace safety. We will continue to experience a loss of enjoyment of life for the balance of our natural lives. We have suffered from tremendous traumatic, emotional, and nervous upset. Our lives and hearts are shattered, and our family will never be the same again.

He was passionate about his career as a millwright following in the footsteps of our father. Jamie was a 4th year Apprentice Millwright at the time of his death; he was excited about a new opportunity in Northern Ontario. It seemed promising and stable. He enjoyed the drive up to Bruce County where he was working in Tiverton, Ontario.

Jamie was planning to camp in The Bruce National Park that summer. Instead his ashes were scattered at the Grotto, a tree planted with a rest area for workers to reflect upon onsite in Tiverton, and an engraved black granite stone in Barrie for his colleagues to commemorate. A Go Fund Me campaign was set up as a living tribute.

—A Brother Deeply Missed *cont. on*

*pg.5*



# Twenty years of hope healing...and more

by Threads of Life founders Shirley Hickman,  
Executive Director and Sharon Freeman,  
Coordinator

When Tim Hickman died in 1996 and Amanda Peat in 2000, there was no support system for our families. Sharon and Shirley were connected to each other through the common need to prevent other family members from having to live in similar situations. The seeds of Threads of Life were started while we worked with various government agencies and community organizations. The needs of family members for peer support were clearly identified and our two-part mission was developed. Community groups and employers joined in the support and over two decades Threads of Life grew to this stage, where we can actively provide supports and services to more than 3,600 family members in all regions of Canada. You made and continue to make it possible. You volunteer, sponsor, and donate. And this year, you celebrated our 20-year anniversary along with us.

## So what is next?

With an increase in awareness, we have more individuals and family members reaching out for support or information each year. And that leaves us with the question: how will we care for them?

We will embrace change, foster re-



Photo by RDNE Stock project from Pexels

*Where will Threads of Life go in the next 20 years?*

silience, and always prioritize empathy. In the next 20 years we need to stay agile, adapt to evolving needs of our family members, and offer unwavering compassion to help families navigate their journey toward healing.

## How will we accomplish this?

Our staff and board reflect on our mission, vision and values regularly and at each meeting we ensure these statements are as relevant today as they were yesterday. We see it being truly relevant to the future of Threads of Life and all programs and services will be built from those statements to ensure we hold both family support and prevention as our twin priorities.

We will continue to ensure that funding and resources are available to grow the number of family members utilizing Threads of Life services and support programs and the number of stakeholders. We will rely on our current model of working collaboratively with government resources and support, grants, sponsors for our programs, fundraising through events such as Steps for Life, and supporting community or employer initiatives with 3rd party events. We are the 'Charity of Choice' for employers, and employers have embraced

this opportunity more each year. That will continue as long as we continue to uphold ethical principles and be transparent, maintaining the trust and reputation we have built.

We will embrace technology to connect families on an ongoing basis for services such as more FamiliesConnect sessions, sessions for newcomers, and sessions in different time zones. There is potential to develop online training for new Volunteer Family Guides or Speakers and sessions for ongoing training. We know it will be very important to keep the balance between these online opportunities and in-person opportunities.

With that in mind, we hope to develop community peer support programs in regions across the country, allowing family members to attend a one-day mini family forum in their community. This would provide an in-person option for those not able to travel or be away for a weekend regional family forum.

We know that understanding and meeting the evolving needs and preferences of our members is the solid foundation for Threads of Life's future. We will need to continue to be careful listeners. Volunteers both

from the family and the community started Threads of Life, and that model will ensure continual growth.

It would be amazing if by the end of the next twenty years, we did not need Threads of Life; that every worker came home as well as they were when they left for work.

It is a privilege to be part of this organization, helping families just like ours to navigate through this journey of grief and healing. Threads of Life has been and will be a healthy and caring organization. Our overarching goal in the coming years is that all Canadians who may benefit from our programs and services will be aware of the organization. We are grateful that you are supporting ongoing growth. Thanks to each of you.

### ... A Mothers Story *continued from p.2*

through my husband's place of work. The phone call lasted five short minutes. It was obvious, despite being a counselor, that he lacked the capacity or empathy to really truly understand what it was like to lose a child. What was even more appalling to me in that moment, was learning he didn't even have a child. I knew the meeting was over. I needed support, but I needed it from someone who completely understood and had lived this same heart-breaking journey that I was trying to navigate.

The very next day we were contacted by OHS to discuss the investigation into the accident. Our case worker suggested we talk with someone from Threads of Life and offered to put us in touch. Being in touch with this amazing organization, reading stories that are very similar to ours, and hearing about the countless other families who have experienced the same grief, tremendously helped me feel less alone. I felt seen, heard, and understood. When we are griev-

ing a loss, that is all we want. And in that moment, I knew I'd found a supportive new family and realized that I'd get through this like so many of them had before me.

As I write this, we are only a few short weeks away from surviving three years without the presence of our amazing son in our everyday lives. Honestly, it still seems so surreal some days. Since that time, I have found that being there for other families who have also lost children, helping them navigate their own paths and allowing them to be truly heard and understood, has been an important part of my own healing journey. I believe in paying it forward. I have since completed a one year health/wellness/nutrition/life coach program, a general counseling certification and a grief and bereavement coaching certification. I am also thankful for my very strong spiritual connections that have played a huge role in being able to move forward, and the importance of passing along that important message of hope to those who need it most. I believe the best way to heal our mind and body from such a life-altering loss, is to stand alongside others who are also needing to heal themselves on this journey no one would ever hope to travel.

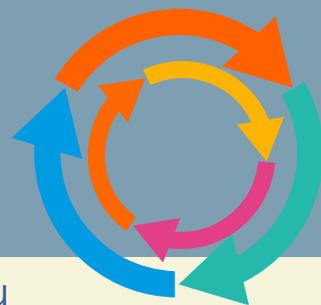
### ... A Brother Deeply Missed *continued from p.3*

A total of \$75,000.00 was donated to Kids in Camp for less fortunate children who share the same love for music, art, and the great outdoors.

We believe there were several measures that would have saved our brother's life. We must continue to mourn our dead and fight for our living. We lost Jamie in the height of the pandemic, and I am forever grateful for Threads of Life; it was helpful to have people whom I could resonate with that were easy to approach for supports. I look forward to attending the Family Forum each year where we will continue to share the stories of our loved ones, keeping their memory alive and bringing awareness to safety in the workplace.

Jamie was a devoted son, brother and uncle to my daughter London who adored him. Jamie is deeply missed by his parents, his sisters, grandmother Theresa, niece London and nephew Jamie whom he never got to meet, many aunts and uncles, cousins, extended family, friends, colleagues, and his union brothers at Local 2309.

**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 family members have in this issue. To learn more, email: Susan at [shaldane@threadsoflife.ca](mailto:shaldane@threadsoflife.ca).

# You're invited...to your own healing journey

Time helps with healing, but we know the old saying about time healing all wounds isn't necessarily right. Sometimes we need to take an active role in our own healing – and we have a tool that may help you do just that: our FamiliesConnect online workshops. We've already mapped out our topics for 2024, and there's an amazing variety, offering both self-care techniques and deep dives into important issues. Each workshop includes information and leadership from a knowledgeable facilitator, and time for each participant to share a bit of their own experience if they want. All you need to connect is your computer, or even your cell phone. It's an extremely supportive environment, and the perfect way to take that next step along the path to healing. Register at [threadsoflife.ca/familiesconnect](https://threadsoflife.ca/familiesconnect).

**Jan. 24, 2024: Write Me A River** — This workshop invites you to discover self-expression through creative journaling. Heidi will offer open-ended prompts with a playful structure to allow your voice to flow onto the page. This is a non-linear approach to journaling, often allowing nuggets of personal strength and wisdom to surface. A great way to outsmart your inner critic and a foolproof method to unlock a creative block.

**Feb. 21, 2024: Zentangle Art Session** — This session will be a beginning guide to the Art of Zentangle, a way of drawing that is so simple, yet creates intricate patterns. Zentangle can help to calm anxiety, increase self-confidence, and cultivate mindfulness. You'll learn how to draw some of the standard Tangles and a few new ones!



**Mar. 27, 2024: Living Well With Chronic Pain** — This interactive workshop provides information and practical skills in dealing with the pain, frustration, fatigue, and difficult emotions associated with chronic pain, giving you more confidence and motivation to manage the challenges.

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## How can we help you?

Are you new to Threads of Life? Wondering where you fit or what programs will be best for you?

If you are someone directly impacted by a work related injury, illness, or death, please join us for a free online introduction to learn more about how we help families cope with what's happened. We know there are many challenges involved in healing or living with the outcome of a workplace tragedy. We will provide an overview of our programs and services, which are available at no cost to anyone seeking support. To register, visit [threadsoflife.ca/familiesconnect](https://threadsoflife.ca/familiesconnect) or call our office at 888-567-9490.

- **December 2** at 2 p.m. Atlantic, 1 p.m. Eastern, 12 noon Central, 11 a.m. Mountain, 10 a.m. Pacific *or*
- **January 9** at 8 p.m. Atlantic, 7 p.m. Eastern, 6 p.m. Central, 5 p.m. Mountain, 4 p.m. Pacific

# 7 strategies for building resilience in the face of loss

by Bailey Dunyo, Marketing Coordinator



*To build resilience, practice making our inner voice kind and caring.*

This summer Threads of Life invited Dr. Eunice Gorman, Associate Professor and Chair at King's University College, to lead a FamiliesConnect workshop titled, "Loss, Coping and Moving Forward". In it, she discussed practical strategies for building resilience in the face of tragedy.

We've compiled seven key insights Eunice shared in her workshop, and how we can begin to practice them in our daily lives as we navigate our journeys through grief.

If you would like to view the entire workshop, it is available on our YouTube channel, [youtube.com/@ThreadsofLifeCanada](https://www.youtube.com/@ThreadsofLifeCanada).

**1. Tap into your moral compass.** Resilience is not just about bouncing back from adversity; it's about having a moral compass or an inner guide that helps us navigate what feels right and wrong. When someone urges you to do something that doesn't align with your principles, you have the ability to say, "No, that doesn't feel right for me," says Eunice.

This moral compass is your guiding star. It can keep you grounded when the world around you is chaotic. It helps you make decisions that are in line with your beliefs and values, even when the people around you might have other ideas.

**2. Use mental energy wisely.** Resilient people understand the importance of conserving mental energy. As Eunice explains, "on the days where you cannot get out of your head or out of your heart, maybe that's a low energy day."

It's on these days that we should acknowledge that we aren't at 100%, and give ourselves permission to act accordingly. In other words, says Eunice, it's ok to not push yourself too hard on days when your inner world feels heavy.

**3. Have compassion for yourself.** We are often kind and caring to others while being harsh and impatient with ourselves. Part of building resilience is practicing self-compassion. According to Eunice, we should practice making our inner voice, "kind and caring, as if they were talking to a beloved friend." Instead of self-criticism, work on developing a nurturing dialogue with yourself.

**4. Embrace vulnerability** Sometimes it can feel like vulnerability is a weakness, but in fact it can be a source of strength in building resilience. Being comfortable with vulnerability means asking for help when needed, talking about your feelings, and embracing your struggles. It's about acknowledging your emotions instead of denying them or trying to conform to what others may think grief "should" look like.

**5. Focus on "productive perseverance".** Resilience isn't about blindly persisting in the face of adversity. It's about finding the balance between persevering with what's worth pursuing and recognizing when it's time to change direction. Eunice explains that this concept is referred to as "productive perseverance." It involves making informed choices and being flexible in your approach to challenges.

**6. Embrace "gratiosity".** Eunice explains that "gratiosity" is a combination of gratitude and generosity. It's about appreciating what you have and finding joy in the positive aspects of life. Even in the face of challenges, there's room for gratitude, and by sharing this positivity with others, you can enhance your resilience.

**7. Lean into vicarious resilience.** "If you don't have any resilience, you can borrow some," says Eunice. Just as negative emotions can be passed on to others, resilience can also be shared. Observing other people's resilience can inspire and motivate us to build our own. When you witness others overcoming challenges, it can instill a sense of hope and determination to help guide us through hard times.

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Dr. Gorman's workshop reminds us that resilience is not a fixed trait; it's a skill that can be developed over time. While the journey of grief is never easy, developing resilience can help us unlock a profound well of strength to help us deal with loss, learn to cope, and keep putting one foot in front of the other on even the hardest days.

# Volunteer Profile: Anton Voronin

by **Shari Hinz**, Regional Development Coordinator, Western Canada



*Anton Voronin*

Community engagement - what does that mean? How does one step into a volunteer role of this nature? Anton Voronin is a Community Engagement Volunteer with Threads of Life, in addition to being one of the Steps for Life planning committee members in Winnipeg. Anton began volunteering with Threads of Life in 2022 and took on the dual roles of planning committee member and Community Engagement Volunteer when he learned more about the organization and the families served, through an invitation from a professional colleague and his own research.

Anton has volunteered with many different organizations over the years. “When I was a university student the faculty got me more involved in volunteering,” he said. He has helped organizations like the Winnipeg Eco Centre, Big Brothers Big Sisters, St. John’s Ambulance and the Bear Clan Patrol who assist in patrolling neighbourhoods providing support to at-risk and homeless individuals. Recently he’s dedicated time to helping Ukrainian newcomers with an Airport Welcome Desk. As a health and safety professional, it was an easy choice to begin volunteering with Threads of Life. “I can see the purpose in what’s being done and there’s not enough knowledge of Threads of Life.” This is one reason why he feels it’s important to be in the Community Engagement Volunteer role.

As a safety professional, Anton has seen how workplace

injuries in particular can change lives. “Initially with those individuals, you are hyper focused on physical recovery and the mental health component wasn’t in the forefront of the scope of their recovery,” he noted. Anton would like to continue to raise the awareness of how a worker’s mental health is impacted and feels Threads of Life fills in a gap in available support that he has witnessed personally.

As a volunteer he doesn’t feel that what he does individually makes a difference - that’s part of his humble nature. In his role as a Community Engagement Volunteer, Anton has taken the opportunity to speak to others in the health and safety community about Threads of Life and its programming. As a result, he has inspired a significant number of people to also volunteer with Threads of Life in support of the Winnipeg Steps for Life event. He feels if he can inspire others to be more aware, then that’s a positive thing. He hopes to set an example for his social and professional networks as people identify with the message and the importance of it. “It’s meaningful to me because I work in safety; I have encountered people whose life has changed as a result of a workplace injury and it left a mark on me every time. I feel that Threads of Life fills a specific niche that neither WCB nor the employer could fulfill for those impacted.”

In terms of what he finds rewarding volunteering with Threads of Life, seeing the results of all the hard work done by the committee is one aspect as well as speaking with family members who have dealt with a workplace tragedy. With respect to the Community Engagement role itself, Anton shared, “I think the most rewarding part would be the challenge of using my own wit and creativity for the role, there is no roadmap or specific directions. It’s what you make of it; I think I personally excel at challenges like that.” That’s one of the unique aspects of the Community Engagement Volunteer role: each volunteer brings a unique perspective, network and skill set to the role which allows them to customize their approach to engagement in their location.

Threads of Life truly benefits from the involvement and creativity of committed volunteers like Anton. “I believe that all of us have a part to play in making this world a better place,” he says. “Volunteering is one of the ways you can do so more directly. It’s also very humbling to learn about the tough experiences of those in need. It puts things into perspective for me.”



# The Cornerstone...and the North Star

*Threads of Life's founder Shirley Hickman often talks about building the foundation for the organization – and she emphasizes that the foundation needs to be strong; strong enough to support Threads of Life as it grows and supports more and more people affected by work-related injuries, illnesses and deaths. For two decades, our vision, mission and values have served as the cornerstone for our work. They help us make*

*wise decisions and remind us why the organization is here. Now, as we move beyond our anniversary and into the coming years, these statements are more than just words on paper: they are a North Star, pointing the way for Threads of Life's board members, staff, volunteers and partners. We hope these statements mean as much for you as they do for us.*

## 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.

## Looking for your story in 2024



There's healing in sharing personal experiences: it can be healing to write out your own story, and healing for others to read it and discover they're not alone. We are planning out our newsletter issues for 2024. If you'd like to try sharing your story in these pages, please reach out and let us know – email Susan at [shaldane@threadsoflife.ca](mailto:shaldane@threadsoflife.ca) or call 888-567-9490. We offer lots of support and guidance as you put your experience down in writing.



## Relationship with ACSA runs deep

If you were looking for a clear sign of the relationship between Threads of Life and the Alberta Construction Safety Association, you'd find it on the back of every Steps for Life t-shirt in that province. The ACSA has been a sponsor of every Alberta-based Steps for Life event for nearly a decade. But that's only the most obvious symbol of a relationship that runs deep and plays a vital role for both organizations.

"The Alberta Construction Safety Association's long-standing partnership with Threads of Life reinforces the need for our work, providing safety education and resources to the construction industry," says ACSA CEO Mark Hoosein. "Threads of Life serves as a constant reminder to the ACSA team of the vital role we play each day in preventing workplace injuries and cultivating a safer workplace for everyone. We are grateful for and support their important work, providing crucial support to those affected by workplace tragedies."

That crucial support touches on many aspects of Threads of Life's programs. In addition to providing community-level financial support as a sponsor for Steps for Life walks, ACSA encourages its employees and volunteers to get involved in planning the event. Representatives from ACSA Regional Safety Committees help make Steps for Life events happen from Grande Prairie south to the newly-relaunched Lethbridge walk.

ACSA members and staff regularly hold other fundraisers that contribute to sustaining Threads of Life's programs, notably the annual ball hockey tournament in Edmonton, which has raised tens of thousands of dollars over its history and made many more people aware that Threads of Life exists.

ACSA has hosted Threads of Life volunteer speakers at conferences and meetings, helping to spread the word and giving family members a chance to share their stories.

Members also organize Day of Mourning ceremonies that honour those affected by workplace tragedies.

As partners, Threads of Life knows that we share with ACSA the same dedication to workplace cultures founded on health and safety.

"When a tragedy occurs," CEO Mark Hoosein adds, "it not only affects those directly impacted, but there is a ripple effect through the workplace and the families and loved ones of those lost or severely injured on the job. Threads of Life fosters a community of healing, learning and story-sharing to help loved ones deal with their pain and help influence the prevention of future incidents."

# Strong corporate leadership lights the way for Steps for Life



Sponsors carry the torch from the walk back to their workplaces

STEPS FOR LIFE – Walking for Families of Workplace Tragedy sponsors all help to light the way for workplace tragedy prevention while building a community of support for families affected by workplace tragedy. Contributions range from a \$250 investment as a local Stepping Forward sponsor, up \$10,000 or more as a national walk sponsor. Each year, Steps for Life sponsorship support grows nationally and at the community level.

**As an awareness event and fundraiser, those dollars are important.**

The funds raised through Steps for Life each year fund Threads of Life’s family support services for individuals and families healing after a work-related fatality, life-altering injury or occupational disease. The funds raised keep these programs and services available at zero cost to families already struggling through the financial repercussions of a workplace tragedy.

**But Steps for Life’s sponsors also have a contagious commitment to workplace safety and carrying the messages of Steps for Life back into the workplace.**

Each one has chosen to demonstrate their commitment -- as a community and a brand -- to preventing workplace tragedies and supporting individuals and families after such a loss. It’s a commitment that is highlighted in the weeks leading into and out of the walk, and that endures in the shared experience of co-workers committed to supporting the event with promotion, fundraising, volunteering, and participation. So, if Steps for Life sounds like the kind of event your organization can get behind, or you know a company that might be interested, visit [stepsforlife.ca](http://stepsforlife.ca) to take a look at the sponsorship opportunities available for 2024 -- ranging from \$250 Stepping Forward sponsorship to a \$2000 Champion level.

**WHAT CAN I DO RIGHT NOW?**

- 1** Volunteer to help plan your local walk. Committees are starting right now to get everything ready. Visit [stepsforlife.ca](http://stepsforlife.ca) or call us for info. *Social fun and good experience too!*
- 2** Come up with a snappy name for your team!
- 3** Shop for new walkin' shoes. *Sure, it's winter. ❄️ Steps for Life happens in the spring. But there are still ways you can help out and prepare right now!*
- 4** Be creative! It's never too soon for fundraisers. Bake sale? Paint night? Trivia challenge? Find more info in your walker toolkit at [stepsforlife.ca](http://stepsforlife.ca).

## Upcoming Events

- **Families Connect online workshops**  
[threadsoflife.ca/families-connect](http://threadsoflife.ca/families-connect)
  - How can we help you? Intro to Threads of Life - December 2
  - Who am I now? Taking the Next Step with Rebecca - December 13
  - How can we help you? Intro to Threads of Life - January 9
  - Write Me A River with Heidi Hunter - January 24
  - Zentangle Art Session with Barb - February 21

## 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)

**EDITOR** Susan Haldane,  
[shaldane@threadsoflife.ca](mailto:shaldane@threadsoflife.ca)

**DESIGNER** Chris Williams

**GUEST CONTRIBUTORS**  
Tera Colville  
Marlyn Quast-Frank



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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.

