

threads of life

VOL.23 NO.2 SUMMER 2025

PREVENTION | SUPPORT | PARTNERSHIP



Airdrie Alberta hosted its first Steps for Life walk this spring!

Steps Towards Healing, *Moments Of Joy*

Threads of Life deals with serious issues and tragic situations – but everyone is allowed a little joy as well! Steps for Life is a chance to recognize the impact of tragedy, but at the same time to revel in the joy of family, community and a good cause.

MESSAGE FROM THE CHAIR

Peter Deines



It was Steps for Life that first brought me to Threads of Life, and it's such a pleasure to watch the event grow every year – more communities, more businesses involved, more volunteers, more walkers, and more dollars raised. It's a vital fundraiser, but more importantly it draws together the

community of all those who are committed to our shared mission. Your board of directors couldn't be more proud! I will step down as the board chair this summer, but I know Threads of Life is in good hands.

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A LONG CLIMB to recovery after injury

by **Barb Dexter**

If you saw me today, you might not guess it took a monumental effort to reach this point. You could say I climbed a mountain with two broken legs while experiencing a heart attack to get here.

In my previous life, I worked 60 hours a week, and strived to pull more than my weight. I thrived on outdoor activities—boating, gardening, camping, hiking, canoeing, and kayaking. I was never one to lounge on the couch and watch TV. My love for dogs led me to train them and work with animals throughout my younger years. I also shared a passion for restoring classic cars with my husband.

But everything changed on June 4, 2008. I was running late. We've all been there – feeling the pressure to get to work on time. In my haste, I skipped a few of my usual morning routines and hopped in my car. I arrived just five minutes before my shift, greeted my coworkers, shared a few laughs over coffee, and settled into the rhythm of the day.

I worked in a quick-lube business—an oil change center where customers position their car over an open pit, guided by a lube tech. After eight years in this job, I had walked around those open pits day after day. I recognized the importance of safety for customers, as that was strongly emphasized by the owners: keep all customers in their cars and don't let



Barb trained her own service dog, Ricco, as a support and companion

them walk around while their vehicle is being worked on.

However, none of us took the time to consider safety for the staff. As I walked to grab an air filter from a shelving unit on the other side of the shop, I managed to navigate around two pits without incident. But on my way past the third pit, I slipped—whether on oil or water, I couldn't tell. As I lost my balance, I instinctively reached out to brace myself, but the only place my bracing foot could land was in the open pit. I fell headfirst. Miraculously, I flipped in mid-air and landed on my feet. But the moment I hit the metal catwalk, I knew my life was about to change forever.

I lay at the bottom of that pit, looking up at my coworkers' concerned faces. Soon, I couldn't feel my legs, and shock flooded in. When the paramedics arrived, they asked me a lot of questions. They said they didn't think I had broken my long bones. I replied, "I'm sure I broke everything," while looking at my feet facing the

wrong way.

They explained they would have to cut off my pants to get a better look, and right then, I started to laugh out of nervousness. I remembered that I was running late for work and hadn't worn underwear, even though my mother always warned me to. All my male coworkers were gathered above me, watching the ordeal. I said to the paramedic, "First of all, I don't want to see my legs; I know how bad they are. Secondly, I don't want my coworkers to see me naked!" He laughed to reassure me, saying, "Your legs can't be that bad or you would have passed out, and I'll cover you with a sheet."

Once they'd cut my pants, the paramedic told me I had compound fractures of both legs. Soon, six firefighters arrived to coordinate my extraction from the oily and slippery pit. They talked and joked with me about my lack of clothing, all to keep me distracted from the pain and shock.

At the hospital, I was rushed into surgery, which took seven hours to stabilize my legs with metal plates, pins, and screws. I woke up to the realization that I would not be going back to work the next day with crutches. I was kept for two days and then sent home in a wheelchair, with both legs wrapped and in splints to keep them stable, along with instructions to not walk or bear weight at all.

My home was not wheelchair accessible in any way. I could not fit through my bathroom doors, and I didn't have ramps to get around my house. I was then taken to my mother's home, which was accessible, thinking I would be back home in no time. But on the second day, I had a blood clot or a piece of plaque that might have broken free from an artery from the fall, which caused a 'widowmaker' heart attack. I was rushed back to the hospital by the same paramedics and firefighters. They found me in traction with my legs up in the air and no undergarments on. It was becoming a pattern with me and firefighters, and we all joked to lighten the situation. I remember them calling me "Britney Spears" because she was in the news that week for not wearing underwear while exiting a limo.

When I woke up after an eight-hour heart surgery, I was informed that I could not use my arms for six weeks. I thought, "What? I have no legs, and now no arms to use! How am I going to eat, drink, or get around in my wheelchair?"

They released me from the hospital into the care of my husband, who worked on call and never knew when he would be home, so he passed me on to my aging mother. I was taken back to her care with more home healthcare support.

I soon realized it was going to be a long, hard road to recovery. I underwent 20 more hours of surgeries on my legs to strengthen and stabi-

lize them. About every six months, I would face another setback in my recovery process. Just when I would see the light at the end of the tunnel, it seemed to be pushed further away, with new hills and curves added to my journey. Yet, I refused to let those challenges deter me. My determination grew stronger, and I embraced the journey, knowing that each struggle brought me one step closer to walking without pain. It took over three years of daily physiotherapy to help me take my first steps. I was told that after three years, I had reached maximum recovery, but I couldn't accept that. I kept pushing to improve myself and my functional abilities.



Barb today, living life to the fullest

One day I was waiting in my wheelchair for my mom to pick me up after a therapy session. I saw a woman who appeared to be homeless, yelling at the sky. Then the woman approached me, put her hands on my head and yelled "Please, Jesus, heal this woman! Help her walk again!" I wasn't much of a believer, but I didn't want to upset the lady and make the situation worse. I saw my mom waiting in her car, so I stood up from my wheelchair, held on to the hood of the car and took baby steps to the car door. I could see the physiotherapy staff watching through the window, clapping and laughing. I took more steps that day than I had so far, so in a way the woman did heal me! Yes, the Lord or the universe works in mysterious ways.

After I discovered I could take a few steps, I grew braver and started working through the pain. I started in the grocery store, and over many years expanded my endurance from the produce section to the meat department and finally the frozen food section. When I hit my limit my husband would take me home and then go back to finish the shopping.

After being mainly confined to my home for over four years, I experienced panic attacks in certain situations, and my family couldn't always be with me so I decided to train my own service dog as a form of therapy for myself. Ricco turned out to be the best service dog I could have asked for—opening doors for me, picking up items I dropped, and going to get my phone for me. I could lean on him for balance when there was no railing or going up and down stairs. One night, we went for a training and family walk down to the waterfront, and there was a boat full of firefighters practicing drills. As I approached the dock, I could hear the men yell, "Hey Britney, how are you doing?" I had to laugh—they remembered me, not my real name, but close enough.

I still have limits to how much walking I can do. I had to renovate my entire house to accommodate my disabilities—grab bars everywhere, new accessible bathrooms, wider doorways, ramps, and a van conversion so I can drive myself places.

My occupational therapist helped me acquire medical aids and adjustments to make my life better, allowing me to accomplish much more in a day and giving me back my freedom to function almost as I did before my work accident.

My life's road has been rocky and steep at times compared to some people, but it all could have been avoided. Let my story be a reminder that accidents can happen to anyone, but by staying vigilant, we can prevent them.

SHARING SCOTT'S STORY: tragedy and lessons learned

by **Ken Johnson**

Most days for the past 13 years, I have thought about sharing Scott's story. It is a constant desire to share his character with those who did not know him, or may have known him and enjoyed his company.

Scott was a happy smiley person passionate about drums and drumming. He used to swim competitively as a boy. He also enjoyed coming home at lunchtime when his mum Sue would collect him from school with his bike, scooter or go cart. He was often the only child to have lunch at home, reflecting Sue's commitment and love. On the days he chose to stay at school his packed lunch would have a note in it from Sue and all the other kids would want to see or hear what she had to say to him. (You would have to ask her, I never knew!)

We used to take camping holidays that were very happy times. We played Roulette, Top trumps, Cluedo and other games at bedtime and they continued as I went to sleep. Scott and his mum one year wanted to stay in Dorset and not come home. Sue often looks back and wonders if we had stayed there, would his life have been different and would he still be here with us.

Scott had hoped to succeed in creating music. Schools in our town



Scott with his mom Sue

Rotherham, England, in those days were well supported by a music department and many after-school activities. Having played viola and guitar up to 11 years old he then started with drums and played in our local Whiston Brass Band and later Rotherham Schools' full orchestra. At 15 Scott auditioned to play with a band, called Purity – much older musicians writing their own music and hoping for success. A few years of touring did not bring those ambitions. We were with Scott always, his chauffeur and support.

While working in a drum department of a music store, Scott continued to play in bands, rock and soul music. He and a friend had an open mic night encouraging people to get up and play with them. His relationships and friendships were special to him as he started to tour with bands after seven years in the shop. His character evolved with his manager Paul Munday. He learned

his craft and gained knowledge to allow him to work as drum tech and in stage management and studio work.

He worked with many bands: Keane, the Killers, Australian Pink Floyd and lastly Radiohead. He would often not tell me who he was with on the basis that I would have no clue who they were. His love for vehicles resulted in him owning three Volkswagens: a '57 Beetle, a '64 split screen and a newer 2.3 V5 Beetle, all just prior to the last tour. He had no faults that we knew of except a slight calcium deficiency on a front tooth, unless anyone wants to argue that point of course. This only touches on a few points of our love for him.

On June 16, 2012, the world changed for us and we did not even know. The phone rang into the night, and we answered to learn that a stage had collapsed at a show at Downsview Park in Toronto and Scott was "missing". Production manager Richard Young had taken the responsibil-

ity to call us. (Sadly Richard and his brother are no longer with us; love to his family.) This was followed by a call from Toronto Police. A UK police officer arrived shortly afterwards and told us of Scott's death. It was a storm of emotions that has not yet stopped. The news was hot, with links to the band and our door was knocked upon by the press who had a job to do. Our initial bombardment became more valued as it was all handled so well, but perhaps not welcome in those early days.

The stage at Downsview Park was overloaded and had collapsed. It had missing components and highlighted numerous aspects of the management of demountable stages. The death was and has been reported widely. Many lessons have been learned. The band did not play for almost a year, with massive loss of equipment and, I know, an ongoing doubt about anything floating above them. Drummer Clive Deamer had just been with Scott and gone off the stage to contemplate the start of the show when the stage collapsed. A rigger, Brian, was seriously injured and spent the best part of a year in hospital. The Ontario Ministry of Labour took charge promptly – what an immense responsibility and burden to the inspector. So many people affected long term by Scott's death.

The funeral was well attended by over 800 guests with incredible support from Radiohead and Keane but maybe more importantly by Scott's friends. It is difficult to pass the Minster St. Georges church in Doncaster where the music was too much for the speakers, especially 'Nothing Else Matters' by Metallica. However if you never listened to 'Love You So' by Free then have a listen to get a feel for the day and our mood now.

The MOL inspector and team looked into the causes, leading to a court case fragmented due to lim-

ited time. The preparation by the legal team and their presentation was incredible, with a structured breakdown of events to enable the judge to fully understand the circumstances. Sadly the judge changed his job, a new judge was appointed and the case was thrown out due to the delay in resolution. This was an especially difficult and expensive time for us with little clarity, but some financial resolution three or more years on. The band were quick to offer financial support on day one and availability of all their team for years to come. We were fortunate not to have short term financial difficulties which must be a big problem for many. Another two years on was an inquest, again well supported by MOL and legal representation from defendants managed by the court staff who gave personal support above and beyond the call of duty.



Scott was a happy smiley person

My work in construction helped me understand the nature of the work on the stage. The inquest jury made 26 recommendations for change, plus the formation of a group to effect that change and recommended that I be part of that. The group has had involvement of 40 people managed by the Ministry, meeting regularly with support from the Event Safety Alliance. Changes in regulation will be made to include demountable stages. We cannot emphasise enough the need for professional plans of

work with clear method for all. There is no doubt that after any error it is always clear how it could have been prevented.

The impact of the case has been significant. Risk assessment for concerts and stages is now commonplace and I am keen to see further training and guidance. All of this of course was a major distraction for me while Sue had only the loss of her son, not knowing this detail. I describe, of course, just events but perhaps not enough of the emotions or describe Scott well enough for the person he was. We feel guilty that with the media attention, we appear to be the only people who ever lost a loved one and of course that is not the case. In fact towards the end of the case I heard of the death of a young man in Coachella who fell from a stage roof and had worked for 20 years with the company. Of course we did not know him nor could reach out to his family. In fact 'reaching out' has become a Canadian term to us, known to us in a song by Paul Rodgers, "*Reaching Out*". Once back touring, Radiohead paid a beautiful tribute in Nimes to Scott.

I am surrounded with people who care but my wife does not see that so much as she finds it difficult to be involved. We are not much further forward with our grief as not a day goes by without a tear and a moment of sadness. Scott was an only child and we have no grandchildren. He is buried in our village so we are close to him. We are still in touch with many of his friends. They say it gets easier.

It is important to know that you are never alone even though that may not be obvious. There are so many good people out there if you can open your heart to them. We were introduced by MOL to Threads of Life. We have no faith but hope that we get to be with Scott again. If we knew that we could, we would go tomorrow.

YOUR HEALING TOOLKIT



Why is this tool helpful after a workplace tragedy?

Container gardening is the practice of growing plants in containers rather than directly in the ground. It is a great way to dip your toes into the wide world of gardening without needing to have a green thumb or acres of land available, and is accessible to all ages and abilities.

It helps to reduce stress and anxiety, give you a sense of purpose and accomplishment, and create a nourishing connection with nature.

How can I get started?

- **Decide which plant(s) you would like to grow:**
Are you looking to grow flowers that bring joy to look at, or herbs that you can use in your cooking, or a combination?
- **Choose the right container:** For example most herbs will need a small container, while a tomato plant will need a larger one. Whatever size, make sure the container has drainage holes in the bottom.
- **Fill with quality potting soil:** Look for soil that is well-draining and rich in nutrients. If in doubt, ask at your local garden centre.
- **Get planting:** The easiest way to start is to buy seedlings of the plants you wish to grow from a local nursery (or even a neighbour!) and plant them into your containers.
- **Water daily:** Containers don't hold as much water as the ground and plants can quickly dry out. Set a reminder to water daily, and enjoy the ritual of disconnecting from the worry and stress of daily life while you nourish your plants.
- **Harvest and enjoy:** Enjoy the fruits of your labour as your plants grow and thrive.



Photo by Teona Swift

Free Resources

- [Gardening company Proven Winners \(provenwinners.com\)](https://provenwinners.com) has a great comprehensive guide to container gardening full of great tips and tools.
- [YouTube gardening account GrowVeg](#) has a great video that outlines the steps to help you get started.

Join our 6-week journey to wellness!

Online group coaching offers small steps to lasting change

It's hard to make changes, even when we know it's the right thing to do for our health and wellbeing. But with coaching and a supportive group all working together, you can do it! Join our six-week group coaching program this fall, designed to help you live with awareness, intention, and purpose. With guidance and group support, you'll learn how to set meaningful goals, overcome challenges, and take small, consistent steps toward lasting change. The program focuses on key lifestyle factors—nutrition, movement, sleep, and stress management—empowering you to build habits that support your long-term health and well-being. Each week, you'll meet online, set achievable goals, stay accountable, and gain the confidence to create lasting change. The program is led by Caitlin Pye, a Certified Health Coach and Registered Nurse, as well as a wife and mom of two boys. The program is free, but participants should be able to commit to attending all six sessions, Monday evenings at 7 p.m. Eastern time, starting October 20. To register, visit threadsoflife.ca/events.

Week 1: Living with Intention & Goal Setting

Start by becoming more mindful of your everyday decisions and actions. This week, we'll focus on how to stop living on autopilot and create goals that lead to lasting transformation.

Week 2: Habit Formation

Learn the science behind how habits are formed and discover practical steps to create and reinforce new, positive habits that align with your goals.

Week 3: Nutrition & Gut Health

Explore the connection between gut health and overall well-being. This week, we dive into how nutrition and the gut can influence not just physical health, but your mood and emotions too.

Week 4: Exercise & Movement

Discover enjoyable ways to incorporate movement into your daily life. Exercise doesn't need to mean intense workouts—let's explore accessible and fun ways to stay active that bring joy to your routine.

Week 5: Sleep & Stress Management

Understand the impact of stress and poor sleep on your health. This week, we'll focus on improving your sleep routine and discuss effective strategies to better manage stress.

Week 6: Recap & Moving Forward

In our final week, we'll recap your progress and reflect on the goals you've achieved. We'll discuss how to continue your journey toward health and wellness beyond the program.

Don't miss our other great FamiliesConnect workshops!

- Importance of Self-Care
- Creating Paths to Serenity with Therapeutic Arts & Mindfulness
- Milestones and Anniversaries
- Chronic Pain and Managing Life Altering Injuries.

Learn more at threadsoflife.ca/familiesconnect

Volunteer Profile:

Leica Gahan

by **Aubrey Bird,**

Regional Development Coordinator Atlantic Canada

Leica is a dedicated mother, grandmother and exceptional volunteer. Her warmth, passion and kindness shine through as she tells her story.

Leica's connection with Threads of Life began in 2014 after the loss of her 21-year-old son Jordan to a workplace fatality in Alberta. It was six days before his body was flown back to their home in New Brunswick, and his family was experiencing unspeakable loss and grief. After Jordan's funeral Leica filled out an information form on the Threads of Life website, as she was encouraged to do by a trusted family member. Reflecting back she says, "I never realized this was one of the most important steps I would ever take."

Leica was quickly paired with a Volunteer Family Guide, who had also lost her son in a workplace tragedy. Leica's VFG called her every Wednesday at 11:00 for three years. Their weekly call was so important to Leica. She shares, "the empathy, compassion, openness, and love was exactly what I needed to get through those first few days, months, and years without my son."

In May 2015, one year after Jordan passed away, Leica's family walked for the very first time in a Steps for Life event. She remembers it as "a powerful day of connection and commitment to safety." It was the start of her journey as a Threads of Life volunteer, and is one of her favourite Threads of Life memories.

In 2019, Leica was invited to attend Speakers Bureau training to explore sharing her story impactfully. At the training in Ontario she was introduced to many other family members living in the aftermath of a workplace tragedy. She remembers the training being a challenging but terrific experience, filled with helpful tools to prepare her for sharing her story publicly. Leica's training experience was beneficial in her grief journey.

Leica has been a dedicated member of the Speakers Bureau ever since. She has shared her story many times, both virtually and in person. "The story is so personal



and difficult to deliver but I know that these real life stories do have an impact. My prayer is that my story will be a reminder to them to work safely every day because they matter; Jordan mattered."

Leica has three main reasons for volunteering with Threads of Life:

- Gratitude for the support provided during the first three years after she lost Jordan.
- A deep belief in Threads of Life's mission and programs. She believes nothing is more powerful than knowing you have someone who understands you and has experienced similar circumstances.
- Knowledge that empowering others to share their story of tragedy can be life-changing and for some families, part of the healing process. Leica adds, "the mission is greater than the pain."

For Leica, the commitment to advocate for prevention and safe workplaces doesn't end with Threads of Life. For the last eight years, she has been on the Injured Workers Advisory Committee (IWAC) with WorkSafe NB. She also actively volunteers in peer support programs through her church.



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), or share your full story as family members have in this issue. To learn more, email: Susan at shaldane@threadsoflife.ca.

Donors like you: **Angela's story**

by **Bailey Dunyo**, Marketing Coordinator

Angela first learned about Threads of Life through a close friend and neighbour, Lynda, who had experienced a devastating loss. Lynda's son tragically died on his first day as a fisher on Lake Winnipeg. The heartbreak in her friend's eyes as she shared the story deeply moved Angela, who couldn't help but think of her own two healthy sons.

Motivated by this connection, Angela became a recurring monthly donor to Threads of Life as a part of the Tapestry of Hope. "I decided to contribute monthly because I may miss an annual Steps for Life event, but I don't want to miss out on supporting the organization altogether," she explains.

Threads of Life's dual focus – supporting families with their healing journey after a workplace tragedy, and helping to amplify the importance of workplace safety – resonates with Angela. She hopes that her contribution can make a difference in the lives of families like her friend Lynda's.

"By raising awareness and advocating for higher safety standards, Threads of Life is working towards ensuring that no family has to endure what my friend Lynda has," Angela shares. "I want to help the organization continue to help those who have experienced these real-life tragedies."

"I know how much it means for families to have a place to share their feelings of loss and find comfort in knowing they're not alone. I want to make sure Threads of Life can continue doing that for a long time to come," she concludes.

For more information about the Tapestry of Hope or to become a member, visit <https://threadsoflife.ca/donate/>



Lynda and Angela;



The of Steps for Life

The core idea behind Threads of Life is that we are all connected, and are stronger when we support one another. The truth of that shines so clearly at Steps for Life! We feel connected to those in our community who've experienced a tragedy, and also to every one of you who walk, donate, sponsor, and volunteer. Perhaps what connects us is our hearts. What brings you to Steps for Life is a heart full of caring and passion for prevention. The funds you have raised and donated to Steps for Life will be put to good use in the coming months to sustain and grow the programs Threads of Life provides for families after a work-related fatality, serious injury or occupational disease. Thank you for bringing your heart, and for being the heart of Steps for Life.

Highlights from Steps for Life 2025

 <p>40,600,000: It takes around 1,400 steps to cover a kilometre, so together our 5,800 registered walkers clocked more than 40 million steps...for Life!</p>	<p>Scoops for Life? We all scream for London's newest fundraiser!</p> 	
 <p>In Toronto this year, a young girl sang the national anthem, reminding everyone of all we have to be thankful for.</p> 		<p>Putting the FUN in FUNdraising:</p>  <p>Mikisew group in Fort McMurray held a fundraising night at Canadian Brewhouse, complete with prizes and raffles (all licenced!). They were Western Canada's top fundraising team!</p>
<p>There was no in-the-park walk in New Brunswick this year so WorksafeNB staff held their own – in three locations!</p> 	<p>As of press time, you had raised \$1,150,902. That's 127.8% of the Steps for Life goal for 2025!</p>	 <p>The envelope please: The 'envelope board' was a new fundraising event in Toronto this year - purchase your chance, open the envelope and see what gift card is inside!</p>
 <p>32 community walks heard personal stories from volunteer speakers this year - the faces behind the statistics.</p>	 <p>This year Kitchener-Waterloo added a wind phone to their walk. A wind phone is a special disconnected telephone booth people use to have one-way conversations with deceased loved ones. The concept was popularized by a garden designer in Japan.</p>	

Everyone's a winner!

When you're boosting health and safety awareness, and raising funds to help those affected by tragedy, everyone wins. The individuals and teams in our Steps for Life Challenge worked especially hard towards those goals. Thanks to each one!



The Rothlochston team in St. John's topped the list as national winners of our Steps for Life challenge this year!

Steps for Life Challenge winners, 2025

CATEGORY	Community	Team Name	Team Leader
NATIONAL TEAM Winner	St. John's	RothLochston	Amanda Hanlon
NATIONAL INDIVIDUAL Winner	St. John's	RothLochston	Chris Gregory
Atlantic Canada TEAM Winner	Fredericton	DTI/MTI	Megan Murray
Atlantic Canada INDIVIDUAL Winner	Halifax	WCB Nova Scotia	Chrisanne Delano/ WCB NS
Central Canada TEAM Winner	Toronto	WSIB Ontario	Rod Cook
Central Canada INDIVIDUAL Winner	London Region	Work Boot Warriors	Mark Vaandering
Western Region TEAM Winner	Fort McMurray	Mikisew Group Fort McMurray Region	Curtis Karau
Western Region INDIVIDUAL Winner	Peace Region / Grande Prairie	Team Linda - Stepping Up!	Linda Gerlitz
National Online Event TEAM Winner	National	Superior Propane	Nicole Paguibitan
National Online Event INDIVIDUAL Winner	National	Dexterra Dana-1	Lada John
TEAM - Spirit Award Winner	Ottawa	PCL Ottawa	Karen Kennedy

Upcoming Events

Families Connect online workshops threadsoflife.ca/familiesconnect

Importance of Self-Care Wednesday,
July 16 at 3pm Pacific, 6pm Eastern, 7pm
Atlantic

**Creating Paths to Serenity with
Therapeutic Arts & Mindfulness**
Wednesday, August 20 at 3pm Pacific, 6pm
Eastern, 7pm Atlantic

Milestones and Anniversaries
Wednesday, September 10 at 7pm Atlantic,
6pm Eastern, 3pm Pacific

Central Family Forum

www.threadsoflife.ca/ff

September 26-28, DoubleTree by Hilton
Kitchener, Kitchener, ON

Western Family Forum

www.threadsoflife.ca/ff

October 24-26, Radisson Calgary, Calgary, AL

How to reach us

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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.

SHARE THIS NEWSLETTER!

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

To Donate



The Standards Program Trustmark is
a mark of Imagine Canada used under
licence by Threads of Life.

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 or call our office at 888-567-9490.

Join our Tapestry of Hope 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.