



## Growing up with **workplace tragedy**

Confusion, guilt and anger are all common responses to a work-related fatality, life-altering injury or occupational disease. For children whose parent has been killed, injured or become ill because of their job, all those feelings may be heightened. Tragedy and grief become embedded in their childhood. Read their stories in this issue, and learn how to support children growing up with workplace tragedy.

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### MESSAGE FROM THE CHAIR

Bill Stunt

I’m feeling a bit of déjà vu this spring, with this message in the newsletter. It’s hard to believe it’s three years since I stepped down as chair of the Threads of Life Board of Directors. I’ve agreed to take over once again, as Karen Lapierre Pitts resigned the post in order to accept a role as the



Family Support Manager. The heart of everything we do at Threads of Life is our family support, as you all know, and we are lucky to have someone who knows Threads of Life so well.

We often talk about Threads of Life as a family. In this issue, we’ve focused on families where a parent has been killed or injured on the job, and the impact that has on children growing up. Our extended Threads of Life family cannot replace what’s been lost, but we know that sharing our stories and feeling the support of others who’ve been down a similar road, is a step towards healing.

# MY HERO, MY DAD

by Cathy McNeil



Cathy left, with her family before her dad's injuries

It's so very dark out. I can hear sirens; there are so many people in my house. What is going on? A priest enters the back door with a couple of men; my mother falls to the floor. She is inconsolable. Who are these men? Who are all of these people? Family members start to arrive. There is a lot of chaos and confusion. My Uncle Johnnie sits us down and tells us that my father was in an explosion in the pit; he was hurt really bad and it wasn't looking good. Wasn't looking good? Was I supposed to understand this? I am 12 years old, I am the oldest of three girls. My sister Georgina is 11 and Holly is only four years old. Such a dark day in my childhood. The flash backs are hazy. I often wonder if they are real memories or nightmares. This day is forever etched in my mind. It is the beginning of a journey which has forever changed our lives.

February 24, 1979 at 04:10, our world came to a screeching halt. A mine explosion in #26 Colliery in Glace Bay, Nova Scotia took the lives of 10 miners and sent six more to

the Halifax Infirmary— one being my Dad, George Stubbart.

We were told very early that his chance for survival was slim. Eighty percent of his body was third-degree burns, he was in shock, in a drug-induced coma and the burns were so severe he was unidentifiable from the other miners. When he did start to wake up, we were never allowed to visit him in the hospital, as this was his wish, always protecting his girls. There would be multiple reconstructive surgeries, skin grafts, and wound care to facilitate healing. Treatments were excruciating and for every tear my father cried a nurse cried right alongside him, this he would always remember. The medical team became his family and his strength. Surgeries and treatments would continue for many years.

When he arrived home from the hospital months later, he was a stranger; he did not look like my Dad. His interactions were minimal and he was very reserved. I wanted to hug him, to talk to him but I was afraid. The scars

on his face and his hands looked sore and the compression mask he had to wear was scary. The big apparatus on his hand and fingers looked similar to a torture contraption. He was thin. Before me appeared a shell of the man I knew as my father.

My youngest sister Holly was four years old. She did not discriminate; this was her Daddy. She ran to him and showered him with affection and love. She was too young to remember the before and after. She loved openly and freely with lots of hugs. She had lots of questions but the innocence of a child made them easy and safe for him to answer. This little girl was instrumental in initiating the emotional healing of our family. I'm sure she is very unaware even today of the magnitude of her actions as a child.

It was difficult to watch my father struggle. He secluded himself, not wanting the public stares. People were so inconsiderate. My dad was 30 years old when the explosion occurred. He was affectionately known as "Handsome George" by his miner coworkers. When he looked in the mirror now there was pain and sorrow for all the losses he had suffered. Then one day he decided it was time to share his story and educate people. We knew he was on his way back to us.

Dad has been diagnosed with PTSD but as a family we all suffered. Every day has challenges. We are all very aware when someone goes out the door they may not come back. My father's greatest sadness has been my mother's passing. For so long she had been his strength. He has often said when he was lying in the hospital after the explosion, he had the option to leave this world at any time. He chose to fight to stay alive to protect "his girls" and he always has. The pain and suffering he has endured is not lost on us.

And protect us he did – he raised us like princesses. This continues today, and we are so proud to call him our Dad. This tragic workplace accident has shaped us into the adults we are today. I am a Registered Nurse, currently employed as the Assistant Director of Resident Care in a long-term care facility. My middle sister, Georgina is a Continuing Care Assistant with a background in Mental Health in Assistive Living and the baby Holly is a loving/mentoring teacher in Manitoba. Our successes in life have been the result of this strong, supportive, loving man we call "Dad" who never gave up.

# TURNING “WHAT IF” INTO “WHAT WOULD”

by Marleen Pitruzzella

**M**y story begins on July 13, 2009 with my mom picking me up from summer camp that afternoon. Just like any other day we were picked up, my brother and I would ask the same questions repeatedly, “what is for dinner? And when will daddy be home?” Unfortunately for us, one of those questions would never be answered.

Shortly after 6 p.m. a loud knock was heard at the door, and to my surprise my mom opened the door to a police officer. To this day I will never forget the feeling of what seemed like my heart dropping in my chest. Although I was 11 years old, the words “he was killed in an accident” had to be the most horrific sentence I would ever hear. My younger brother and I would spend the next few weeks trying to cope with the fact that our hero would never be returning home, and our family would never be complete again. It was already horrifying to know that we would never be able to see our father again, but to know that he was killed in an incident that could have been prevented was sickening.

From the moment I can remember, my father always loved what he did. Construction and paving were his passions which makes it difficult to hear that doing something he loved was the sole reason he would never be able to do it again. It was quite difficult, as an 11-year-old, to comprehend the fact that my father was helping his coworkers and in turn was crushed by a dump truck while performing his work duties. Even now, being 20 years old, the workplace fatality is a hard pill to swallow. Being older now, I have realized how much of his death could have been prevented if the company had followed simple safety precautions. If they had a backup camera on the truck, if they had the radio off, if they all had their safety equipment on maybe my dad would still be here and maybe I would not be writing this today.

For a few years that is all I could think about: what if? I would drive myself crazy asking myself all the ‘what if’ questions: what if he stayed home that day? What if the driver paid attention? Would he still be with me today? One day I finally came to the realization that I can play the ‘what if’ game all I want, but that was not going to bring him back and I would never be able to move on. The most special thing about my dad was he never let something set him back; he lived every day like it was his last. He inspired me



Marleen with her dad Leo

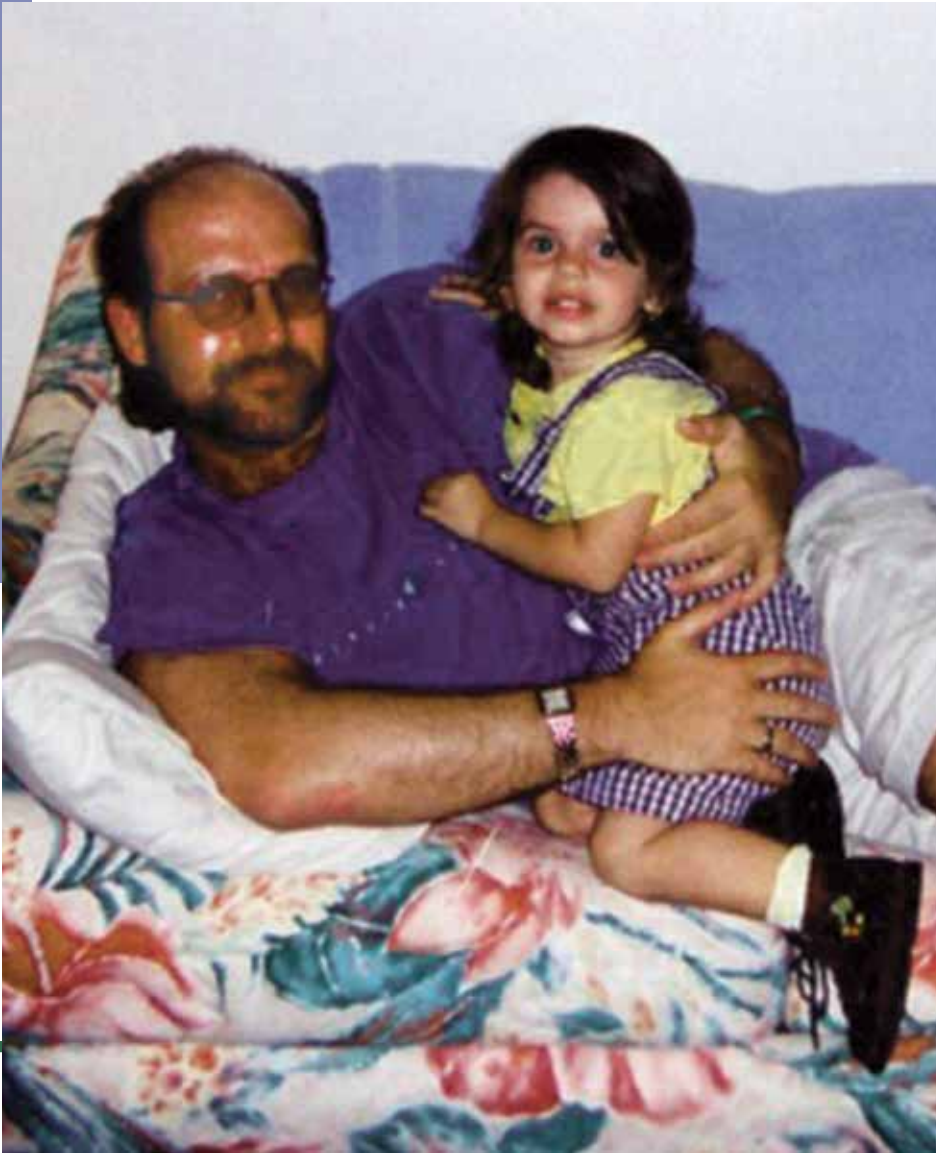
and continues to inspire me to reach for any goals I set my mind to. He would never have wanted me to put my life on hold or make my goals any less amazing only to sit around and wonder ‘what if’. So, from that day I buried the game of ‘what if’ and began a new one, ‘what would’. When I find myself in situations where I really need my dad, I ask myself “what would he have done?” or “what would he have said?” This brings me a sense of security and warmth knowing that I can still follow in his footsteps without him physically being here anymore. With my mother reaching out to Threads of Life, for family peer support, she, along with my brother and I were able to learn tools that helped us to cope with our unique situation and begin the healing process. The annual Steps for Life walk was my first introduction to the Threads of Life organization and helped me realize that we were not alone.

When my father died, I was entering grade 6 that year without him, but today I am enrolled in my third year of university

completing my degree in Justice Studies and my diploma in Police Foundations. My father would constantly embarrass me when I was younger, telling strangers how I am such a tough cookie and that one day I will be doing great things. Today I reflect on those words and have made them my ultimate goals in life, to do great things and be a tough cookie while doing it. The past nine years without him have been difficult. He has missed out on a lot, such as my valedictorian speech in grade 8, my awards that I was honoured with during my high school graduation, and most importantly, watching me be the first person in my family to get accepted into university. Usually the big events in life are easier to get through with all my family and friends supporting me, and it is the smaller events in my life that I miss him the most. But I know him and that contagious smile of his are looking down on my mom, my brother and me every day. I will forever strive to be half the person he was and continue to do great things in his honour.

# NEVER GIVEN THE CHANCE TO MISS HIM

by Kirsten deFilippis



Kirsten and her dad Naz

**W**hen I was four years old, my father died while at his workplace. He was a field engineer on a construction site. One Friday afternoon while marking lines, he was asked to help brace a wall in the elevator shaft. He and his apprentice Mark went to assist their coworkers. What should have been a quick hand resulted into something a lot more severe. There was a wall above the shaft, and the workers were pouring concrete into it from above. The wall broke, dousing my dad and Mark in concrete. The platform they were standing on collapsed under the concrete's weight, sending them 18 floors to the parking lot garage. The investigation discovered that the wall was built with inadequate material, which is why it broke. The safety platforms they were standing on were also not done to standard and built using rotted 2 by 4s. If

they were built correctly, my dad and Mark would have survived.

The night of the accident is something I can't remember. I was only four years old; not many memories from that age really last. Most of my memories are recollections from family. The officer arriving at the door when my father didn't return home, my mom being hit with the news, family and friends gathering together to mourn. I was told that there were many unfamiliar faces during that time, and the chaos was something that scared me – someone I loved went missing, and then everything began to change for the worse. Although I can't remember what happened that night and the following days, it still impacted me, and continues to.

School was strange. Father's Days were something I didn't know what to do with. I

would always make something for my mother, or an uncle, but it was a reminder that things weren't as they should be. I didn't get to do any father-daughter bonding activities, and the concept of how those relationships were supposed to work was unknown to me. I was scared at school. Something very important to me had been wrenched away when I was apart from it, and I began to feel that my parents, family, anyone anywhere just wouldn't come back home – it had happened once already.

My mother was involved in Threads of Life a few years after the tragedy, working to be heard and advocate for safe working environments. I went to a few support centers for grieving children while I was young to help me cope with what had happened and all of the chaos and sadness that had come into my life. When I was five, I went on my first ever Steps for Life walk with my family – though I'm told I didn't do much of the walking. Five-year-old me was pretty lazy, and I was pulled around in a wagon instead. I became more in touch with Threads of Life after I grew older and was able to understand and want to change how things were, so nothing of this nature could happen again.

Something that is the scariest is that I can't say that I miss my father. To miss someone, you have to know them – build memories, share time, grow up with them enough to remember their faces after they die. My father died when I was young. I was never given the option to remember him. It feels as if I'm supposed to miss something, someone incredible who impacted my life. All of the stories that people tell me are of a wonderful, amazing man who I would have loved to get to know, and who would surely be proud of me today. That we might have been able to attend my high school graduation together, or go on a relaxing car ride when school got too stressful for me. But the thing is, I was never even given the chance to miss him. I don't remember him. I just miss what should have been, what was unfairly taken away so long ago. And I hope that no one else has to grow up with a hole in their chest of the family that they wished they could have loved.

I cannot quite pinpoint just when my grief fog began slowly to dissipate. But as I re-read my copious journaling from the first few years, it seems to coincide with a lessening of the drive to journal my sadness, anger, frustration and despair. At some point, the fear not of death, but of life, eased. I wish I was not in this "club", but it has helped to know that when some say "I understand", they truly do.

## Meet our new Family Support Manager: **Karen Lapierre Pitts**

For me, the coming of a new year means a time to reflect on the past year, embrace new beginnings, tune into my inner compass, and an opportunity to create change in myself. This past year has brought some significant changes for all of us, and this is especially true with family support. Change isn't often easy or even anticipated. I know the value and guidance we've all received from Kate Kennington over the years will grow and evolve in the most surprising ways. I am very grateful for all she has done to support families, including myself. Wishing her all the best in her future endeavours.

I am the newest addition to the team although I have been involved with Threads of Life for quite some time now. Over the years, I have taken part in many Threads of Life programs and events, along with joining the Board of Directors in 2015. I am eager to connect with you all over the next while and get to know those of you whom I haven't met before. My "door" is always open and I welcome all families to "visit" with me often, even if it is just to say hello. In February 2000, my family was forever changed when my brother Jamie died at work. My deep love for him and the unravelling of life in the wake of that loss has taught me to care more deeply for others and honor those who are also on a similar journey of healing whether it is the result of workplace fatality, life altering injury or illness.

As the new Family Support Manager, I look forward to learning and growing with all of you and appreciate that I am among such a passionate community of peers. Thank you for all that you give to others – it is a true gift.



### **New scholarship offers tuition support for Threads of Life families**

*Education is an investment in hope.*

That's why the Board of Canadian Registered Safety Professionals is launching a scholarship program dedicated to families affected by workplace tragedy. The program is part of a partnership BCRSP and Threads of Life announced last fall. It will provide four scholarships each worth \$2,500 to Canadian family members who are affected by work-related fatalities, life-altering injuries or occupational disease, and are enrolled in a college or university. Students will need to submit an application along with proof of enrollment, by May 15, 2019. Watch your email and Threads of Life social media channels for more information.

### The Oak Tree

A mighty wind blew night and day  
It stole the oak tree's leaves away  
Then snapped its boughs and pulled its bark  
Until the oak was tired and stark  
But still the oak tree held its ground  
While other trees fell all around  
The weary wind gave up and spoke.  
How can you still be standing Oak?

The oak tree said, I know that you  
Can break each branch of mine in two  
Carry every leaf away  
Shake my limbs, and make me sway

But I have roots stretched in the earth  
Growing stronger since my birth  
You'll never touch them, for you see  
They are the deepest part of me

Until today, I wasn't sure  
Of just how much I could endure  
But now I've found, with thanks to you  
I'm stronger than I ever knew

*By Johnny Ray Ryder Jr.*



# Supporting children growing up with workplace tragedy

by Karen Simmonds

“Grandpa, can you bring me the big ladder from the shed,” said his five-year-old granddaughter, “I want to climb to Heaven today to see my Daddy. I miss him.”

- Five-year-old client  
whose Dad died in a workplace tragedy

Wouldn't it be lovely if it could be true! In grief, children speak from their hearts and an unfiltered truth. This statement speaks to the strong feeling of *yearning* we all experience after the death of a loved one.

Grief is defined as the organic feelings and thoughts associated with loss and change. Children can be great teachers of the grief experience. One minute they are crying and the next playing happily with their friends. They are able to 'dose' themselves and naturally come in and out of grief. They may feel anger, sadness, worry, numbness, or experience thoughts like 'Is daddy going to be okay?'; 'Who will take me to hockey/dance?'; 'Can I catch the disease?'; 'Who will take care of me?'

Grief can also affect their bodies. They may have trouble falling

asleep or eating, headaches or stomach aches or may not feel like doing things they used to do. Many of the thoughts and feelings are the same we experience as adults though they are certainly more confusing for children and therefore their responses are different. Listening to and observing a child is often our best way of learning how the tragedy is affecting them.

Though it is a natural feeling to want to protect children from bad news, research has shown that in the long run this can be more detrimental to their psychological development. Children are highly perceptive and notice nonverbal clues or changes in routine. From infancy they can sense a caregiver's distress or mood. Be as forthright and clear as you can that is age appropriate. Avoid the use of euphemisms like 'passed away' or 'lost'. When an occupational illness has been diagnosed or an injury has happened, be as honest as possible about the situation. If you don't know the answer, let them know that, and that you will share the information when you receive it. Use true words like 'died', 'workplace accident' or 'tragedy'. Find positives and strengths to share. "The doctors are taking very good care of mom"; "We have many people that love us and will help us."

Young children need to know that their bad behaviour didn't cause the death, that they can't catch the disease or can't make the illness worse. Often children I have spoken to, experience a sense



of unfounded guilt. Through their magical thinking I've heard "I didn't do what mommy said and was bad, then she went to work and didn't come home." These fears are often held inside.

Many children will express the pain of grief through acting-out behaviour. Children may have temper tantrums, defy authority or simply rebel against everyone. Here are some examples and why a child may exhibit these behaviours:

**Feeling of insecurity:** Though a natural feeling after tragedy, acting-out may unconsciously provide them with a sense of control and power.

**Feeling of abandonment:** After a death or lengthy hospital stay children may feel abandoned. Consequently, they feel unloved and their self-esteem may be low. Acting-out creates a self-fulfilling prophecy: "See, nobody loves me."

**A desire to provoke punishment:** This comes from the unconscious feeling of guilt or self-blame. Acting-out behaviour elicits that punishment.

**Externalizing feelings of grief:** If a child isn't given the opportunity to share feelings, they internalize them. Acting-out is a way of saying "I hurt too!"

Children have often taught me that day-to-day experiences may connect and surface feelings such as anger and sadness. For example

when a parent raises their voice to get something done it will make a child feel bad and connect them to the sad feelings around their grief. "I have asked you five times to do your homework" – "I don't want to. I wish Daddy was here, he used to help me."

Other things we can do to support children are to encourage a child's participation in care or at a funeral. Normalize feelings: "I feel sad and mad too." Listen; sometimes there are no words or answers. Play, go for walks, bake cookies or have a pillow fight!!

Parents and caregivers need a break too and don't need to be strong as a rock all the time! Taking care of themselves both physically and emotionally sets a good example for a child as they are always watching. Explain that you need 'adult time' to help you grieve too and arrange a playdate or babysitter. Give yourself permission to heal.

You know your children the best so trust your instincts; each child is unique. Create a safe, secure and loving environment where you and your children feel comfortable to share and explore the difficult feelings and thoughts of grief.

*"To the world you may be one person; but to one person you may be the world."*

-Dr. Suess

Karen Simmonds is a Grief Counsellor and Educator, and a frequent facilitator at Threads of Life family forums. She can be reached at [Simmondskaren12@gmail.com](mailto:Simmondskaren12@gmail.com)



Paulette, third from left, after speaking at Worksafe NB conference. Pictured with Paulette are (left to right) Threads of Life's Director of Partnerships and Fundraising Scott McKay; Doug Jones, WorksafeNB President and CEO; and Shelly Dauphinee, WorksafeNB Vice-President, Claims Management and Rehabilitation and member of Threads of Life's Board of Directors.

Paulette Raymond knows how powerful words can be. Paulette is a writer—from the time she was very little, she used poetry to process any pain she experienced. So it's no surprise that her reason for volunteering with Threads of Life is to share her story with others.

On September 13, 2009, Paulette's brother Tommy, a foreman, was killed when he was run over after he fell under a tractor trailer on the container pier where he worked. Paulette described his death as a shock, saying "my brain was trying to fix it, trying to find a way to make it so it never happened". However, she didn't know how to fix it or how she could help herself.

Paulette first heard of Threads of Life at a Day of Mourning ceremony. She attended the ceremony, not quite sure what it was and still trying to get back on her feet after Tommy's death. She remembers hearing the organization's name and thinking, "what is that?". After some investigation, she quickly realized Threads of Life was exactly what she needed. She attended a family forum, and it wasn't long until she started training to be a Threads of Life volunteer. Paulette realized that while she couldn't fix what happened, the only thing she could

# Paulette Raymond

by Emma Morris

do was try and make something good come from the pain she and her family felt. Volunteering with Threads of Life is an important part of her grief journey. Every time that she shares her story, she notices that it eases the grief a little bit. "I wasn't consumed in pain all the time," she says. Every time she speaks about the importance of workplace safety, she gets a little bit stronger. Paulette is now a Threads of Life volunteer family guide and a member of the Speakers Bureau, but always looks to find any opportunity or training that will allow her to speak about workplace safety. Her heart lies in sharing her message of prevention.

When Paulette speaks in workplaces, she can see the power of sharing her story. She says she hopes her presentation reaches even a handful of people each time and changes the way they think about workplace safety and the safety of their employees or coworkers. For Paulette, the reason to go out and tell her story is to share the importance of split second decisions and working safely.

While each and every speaking event she does is a chance to impact lives and encourage safe work, one workplace stands out as a powerful memory for Paulette. It was one of the first speaking events she had ever done as a Threads of Life volunteer. Looking out into the room, she shared that it was "wall to wall, big burly construction guys". She remembers thinking, "how on earth are you ever going to reach them? Are they really ever going to understand the impact of this?". She started speaking, and as she moved through her presentation, she looked up to see tears running down the faces of the workers listening to her. At the end of her presentation, the workers all stood up, took off their hats and put their hands over their hearts. They told Paulette that they would always remember her presentation—and what happened to her brother. "I understood at that moment the importance of words words that you can change the way people think. That's certainly a memory I'll never forget", Paulette says.

**"If I can save one life..."**

This spring, a group of new volunteers stepped up to take training to join the Threads of Life speakers bureau. They become part of a corps of 50+ speakers across the country. Some have only shared their story once or twice; others speak many times each year. Here's why they do it (*and for more comments from our speakers, read our Threads of Life blog at [threadsoflife.ca/news](http://threadsoflife.ca/news)*).

*When my father died as a result of a workplace fatality I was lost with no purpose in life. But once I decided to become a speaker and started sharing my story I began to feel alive again ... If I can save one life or make one person think twice as a result of my story then my father's death would not have been in vain. Threads of Life saved my life and volunteering as a speaker allows me to give back a little for what Threads of Life has done for me.*

-Lisa Kadosa

*The first time I spoke to anyone I was shaking like a leaf... I looked around at as many eyes as I could. I saw how invested everyone was in wanting to hear what I had to say. I was not only there to share my experience and how my life had forever been changed; but to also send an important message about how one's life can change in seconds no matter how prepared and ready for the unknown you may think you are...*

-Tammy Costa

*The best thing for me is the responses from the audience participants. Not a single speaking engagement passes without comments of sincere appreciation for sharing the story but beyond that is the passion behind it to help to make a difference. You can see and feel that these people want to help make things better so incidents like our stories can be prevented in the future. It may only be a few people at a time but we will gain momentum to make change for the better in the future!!*

-Todd Smith



## Cornerstone partners do it all

Threads of Life partners come in all shapes and sizes, and every year new companies and organizations step forward to contribute to our mission of helping heal families affected by workplace tragedy, and preventing further tragedies. There are also some long-term partners who continue to raise awareness about our programs, promote participation and volunteering, and provide revenues.

Canada's workers' compensation boards and ministries of labour were among the first organizations to support Threads of Life, and they are still our cornerstone. In almost every jurisdiction across the country, they help us connect to families who need our services; they encourage their staff to volunteer for Steps for Life; they promote our events; and they provide stable, predictable funding that permits us to plan our strategies for the future. These partners are the firm foundation for Threads of Life.



Threads of Life volunteer speaker Erin Pitruzzella shared her story at a gala fundraiser hosted by the Zgemi Group of Companies. The funds raised by Zgemi and their partners will help families find hope after workplace tragedy.

## Record-setting fundraiser

At **Threads of Life**, we are fortunate to have partners who understand the ripple effects of a workplace tragedy. Whether it is in our communities, our workplaces or our families, we all know of a worker and their family who have been forever changed. We are grateful to have a longstanding partnership with TriWest Capital Partners.

In 2018, the TriWest Capital Partners Forum raised \$156,000 which was donated equally to Threads of Life and Shock Trauma Air Rescue Society (STARS)—smashing fundraising records from

the forum's five-year history. TriWest's Partners Forum takes place annually, bringing together their portfolio companies, financial institutions, legal advisors and accounting firms to support charities. **Thank you,**



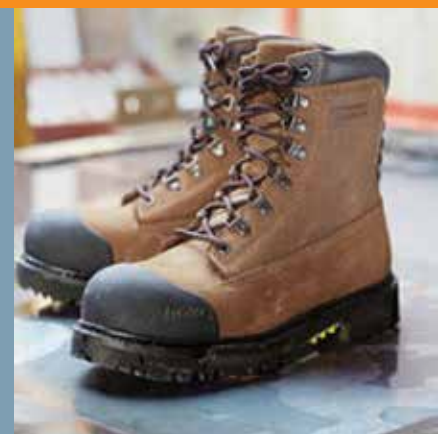
## Need a pair of work boots? Consider Mark's

If you're looking for a pair of antislip footwear, you might want to consider checking out 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.

**A portion of your boot purchase will be donated to Threads of Life.**

Smart  
Clothes.  
Everyday  
Living.

# Mark's



# National sponsors show commitment in action

Our Steps for Life sponsors know how to make things happen. They understand the toll a work-related tragedy can have on a family, and the impact a corporate partner can have both on helping families heal and on preventing future tragedies. Special recognition goes to the companies which demonstrate their commitment to health and safety by sponsoring Steps for Life nationwide. In 2019, our national sponsors are:



TOTAL BUILDING ENVELOPE



## Steps for Life: 1000 reasons to walk

Every year in Canada, close to 1000 workers die as a result of their jobs – either through sudden traumatic injury, or an occupational disease. Imagine it: a thousand first birthday cakes, a thousand first days of school, a thousand family vacations, a thousand minor hockey games or gymnastics meets. A thousand stories. Add to that the many workers who are gravely injured in Canada every day – thousands more stories. Steps for Life – Walking for Families of Workplace Tragedies is about those workers and their stories, and it’s about the families of those workers. As the primary fundraiser for Threads of Life, Steps for Life ensures families have access to peer support programs, information and networking events. Every year more families need this support. There are a thousand reasons – and more – to be part of Steps for Life.

*Register today!*



# Challengers: Show us what you've got!

Alright, Steps for Life-ers, it's time to turn it up a notch! If you really want to make an impact, then you're looking for our Team Challenge.

The Steps for Life Team Challenge is a friendly (but hard-fought) battle for fundraising supremacy. Any group of three or more people can be a Steps for Life team and join the Team Challenge – you could start a team at work, pull together your neighbours, or call on your family.

Team members register as walkers and commit to raise at least \$100 each for Steps for Life. Once you're registered, you can compete with other teams in your region and across the country. Threads of Life will recognize the top teams which have raised the most money to support families affected by workplace tragedy.

If you're ready to get involved, just visit the Steps for Life web site, find your community and hit the "Register" button. The web site will walk you through the registration process. No walk close to you? You can still organize a team and do your own thing with our "Your Walk, Your Way" event.



**Have a Steps for Life question? Visit our web site at [www.stepsforlife.ca](http://www.stepsforlife.ca) or contact one of our staff:**

- Heather Lyle, National Steps for Life Manager + interim contact for Atlantic Canada and Quebec  
[hlyle@threadsoflife.ca](mailto:hlyle@threadsoflife.ca)
- Lorna Catrambone; Central Canada  
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- Lynn Danbrook; Western Canada  
[ldanbrook@threadsoflife.ca](mailto:ldanbrook@threadsoflife.ca)
- Or call 1-888-567-9490.



## Coming Events

Please let us know if you'd like more information or would like to get involved!

**Atlantic Family Forum** -  
May 31-June 2, 2019

**Prairie-Western Family Forum** -  
September 27-30, 2019

**Central Family Forum** -  
October 25-27, 2019

### SHARE THIS NEWSLETTER!

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



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## 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  
www.threadsoflife.ca  
www.stepsforlife.ca



*Association for Workplace Tragedy Family Support*

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 that:

**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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## Yes I will, help bring hope and healing to families

### Gift Payment Options

- I'd like to make monthly gifts  
 \$25  \$50  \$100  \$ \_\_\_\_\_
- I'd prefer to make a one-time gift  
 \$25  \$50  \$100  \$ \_\_\_\_\_
- I've enclosed a void cheque to start direct withdrawal for monthly giving
- You may also donate to Threads of Life online at [www.threadsoflife.ca/donate](http://www.threadsoflife.ca/donate)
- Please send me updates about Threads of Life events via email at: \_\_\_\_\_

Visa  MasterCard

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All donations are tax deductible. Charitable Registration Number #87524 8908 RR0001