



threads[®]
OF LIFE

2022 Central FAMILY FORUM

Supporting families of
workplace tragedy

September 23 - 25, 2022

Nottawasaga Inn, Alliston, Ontario

Who should attend

Anyone whose family has been affected by a work-related fatality, or has had a life-altering injury or occupational disease affect themselves or a loved one. Sessions are recommended for family members 14 years of age and older, who are emotionally ready to heal, share their grief and hear others' experiences.

The event will follow all applicable public health requirements or guidelines including mask use, physical distancing and other health and safety measures.

Why you should attend

When you are coping with a life-altering injury that happened on the job, an occupational disease, or the aftermath of a workplace fatality, you may be feeling very alone. No one understands what you're going through. Friends and family think you should get over it, get on with your life, get back to normal. But your normal is gone. We get it.

Threads of Life (Association for Workplace Tragedy Family Support) offers families affected by a workplace tragedy the opportunity to attend an annual forum, where they can share, network, and ultimately, heal. By attending the Central Family Forum, you will gain:

- Greater understanding of your loss and its impact
- Strategies for coping and healing
- A new network of individuals who have had similar experiences
- The assurance that you're not alone!

Overall Agenda

Friday May 27:

- 3:00 p.m. – 5:00 p.m. Check-in and Registration
5:45 p.m. – 8:30 p.m. Dinner and Reflections Ceremony

Saturday May 28:

- 8:30 a.m. – 4:30 p.m. Sessions and Workshops
6:00 p.m. Dinner

Sunday May 29:

- 9:00 a.m. – 12:00 p.m. Sessions and Workshops
12:00 p.m. – 1:00 p.m. Lunch and Departure

More information can be found on the website at www.threadssoflife.ca/cff

Honouring our Loved Ones

One of the most moving and impactful features of a Threads of Life Family Forum is our Reflections Ceremony. It is here that we collectively honour our loved ones, injured family members and those living with occupational disease. We take time out of our busy lives to reflect on past and present, so families can move further into their futures.



The Reflections Ceremony allows for a powerful and emotional way to honour my son. It also gives me the chance to respect and honour all the other families and their loved ones.

Details of the Event

Registration Fee: Free for family members aged 14 and older who register by **August 19, 2022**. We understand that the financial costs to participate in the Family Forum can be a challenge. Through our Steps for Life fundraising walk proceeds, grants and sponsorship support, we are able to offer four immediate family members complimentary accommodations, meals and free registration. When you register there is an expectation that you will attend workshop sessions and be present for all meals. Please be advised that participants will be confirmed on a first-come, first-served basis.

Registration: Registration opens June 1, 2022. Due to the limited number of spots, please register early. You can register online at www.threadsoflife.ca/cff. Or you can call (1-888-567-9490) or email (contact@threadsoflife.ca) the office to register. **Registration will close August 19, 2022.**

Youth aged 14 and older are invited to participate in sessions and workshops if they are emotionally ready to attend. Sessions are not geared for younger children. Childcare is not available. Parents and guardians are encouraged to focus on their own healing journey for this weekend.

Hotel accommodation and meal cancellation policy: Threads of Life reserves the right to pass along late cancellation fees for hotel accommodations and meals to you. Please be sure to make any changes or cancellations **prior to August 19, 2022** so your room can be offered to those on the waiting list.



Photo by Heather S. O'Neil

Travel to the event is your responsibility. However, if the cost of travel presents a financial hardship, assistance is available. Please call for further information. All requests must be confirmed by August 19, 2022.

Threads of Life, a charity, relies on donations and grants to cover the costs of meals, hotel accommodations and Family Forum program offerings to help provide families of workplace tragedy with much needed support. If you are able, a donation of \$50/person or \$100/family would be greatly appreciated. Thank you.

contact@threadsoflife.ca • 1-888-567-9490

• www.threadsoflife.ca •

Who we are

Threads of Life is a national registered charity dedicated to helping Canadian families along their journey of healing after they or their loved ones have experienced a workplace tragedy. Threads of Life defines a workplace tragedy as a fatality, life-altering injury or occupational disease.

Charitable Organization business #87524 8908 RR0001.



*I'm not alone; we are many with the same pain.
Gave me the possibility to overcome my fears.*

How to register

Registration opens June 1, 2022, and is free for family members, thanks to fundraising from Steps for Life - Walking for Families of Workplace Tragedy and our grants and sponsors. The number of spaces are limited, so please register early. Registration will close August 19, 2022. Participants will be confirmed on a first-come basis. If you are then unable to attend, please let us know as there may be others on the wait list.

Please register online at threadsoflife.ca/cff or call the Threads of Life office at 888-567-9490 for assistance.

The event will follow all applicable public health requirements or guidelines including mask use, physical distancing and other health and safety measures.