



*Association for Workplace Tragedy Family Support*

## **Backgrounder**

Threads of Life brings hope and healing to Canadian families who have been affected by a workplace fatality, life-altering injury or occupational disease. It is a national charity connecting more than 3,350 family members through one-on-one peer support, links to community support services, and the opportunity to take action to help prevent similar tragedies to other families.

In 2023, Threads of Life marks its 20th anniversary. The organization was created in 2003 to fill a major gap in Canada's health and safety and social systems. There was no "helpline" to call or place to go to find the kind of emotional support and caring often required to make it through the aftermath of a workplace fatality or severe injury/illness.

The long-term emotional, societal, and financial consequences of this gap are enormous and evident. These consequences include psychiatric problems, stress-related physical health problems, substance abuse, family stress, marital breakdown, suicide, loss of productivity, loss of personal income, increased social welfare costs, and more. This is a substantial and costly burden for every citizen and taxpayer, but one that can be significantly reduced.

Threads of Life is a place where people can turn to help find the "cure" for workplace tragedy, which can only be accomplished through prevention.

### **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.

### **WHAT WE DO**

Threads of Life provides families with one-on-one peer support, group networking, links to community agencies and the opportunity to promote public awareness and accountability for workplace health and safety. The organization creates a network of support through volunteers from across the country who have been personally touched by a workplace tragedy.

### **CURRENT SERVICES:**

#### **1. Family Support**

- Offers personal and sustained interaction with a trained peer called a Volunteer Family Guide, to facilitate a sharing of experiences. Family Guides have also lived through a workplace tragedy.
- Provides an opportunity for families and workers to meet each other, create communities of support, and learn skills to cope with grief and change in healthy ways.
- Provides resources to help people understand grieving or traumatic emotional processes and experiences.

- Through FamiliesConnect online workshops, offers a chance to learn healthy coping skills, alongside others who've been through a similar experience.

## 2. Partnerships

- Provides families with answers to procedural and administrative questions about investigations, inquests and compensation.
- Offers links and knowledge to individuals working in government, compensation agencies and other organizations that can help with case-specific questions/issues.
- Connects health and safety-minded companies and organizations with opportunities to support families, promote safety and act on their commitment.

## 3. Community Action

- Coordinates a Speaker's Bureau consisting of volunteer members who offer personal testimony on the impact of workplace injuries, fatalities or occupational disease in their lives. Members are sought after for conferences, health and safety events and community events. Since 2005, Threads of Life speakers have presented to more than 110,000 people who have heard the injury prevention message.
- Presents **Steps for Life – Walking for Families of Workplace Tragedy ([www.stepsforlife.ca](http://www.stepsforlife.ca))**, a 5K awareness and fundraising walk, with options for either community-based events or personal, at-home activities, that showcases the personal impact of a workplace tragedy. Steps for Life is an event where families can meet other families who have suffered similar pain and loss and help raise awareness of the national issue of workplace injuries/illnesses and death. The organization creates a network of support through volunteers from across the country who have been personally touched by a workplace tragedy.

In 2023, Steps for Life will take place across Canada on the April 29-30 weekend (in most communities). Participants will help raise awareness of workplace tragedy and its ripple effect on families, workplaces and society, as well as fundraise for Threads of Life family support programs and services. No matter how we participate in 2023, #WeWalkTogether.

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