

threads of life

VOL.22 NO.4 WINTER 2024/25

PREVENTION | SUPPORT | PARTNERSHIP

Our common threads

Every tragedy is unique - the situation is different, the impact is different, the individual and family are different. Some tragedies happened decades ago but still touch us. Some tragedies affected a loved one; others a co-worker. So many different threads, but we're all united by grief, the search for healing, and our commitment to health and safety.



photo by Irene Lasus, Pixels

MESSAGE FROM THE CHAIR

Peter Deines



When I'm at a Threads of Life event – a Family Forum, a Steps for Life walk or volunteer training – I'm inspired and warmed to see the connections that seem to form organically among people. Sometimes these are predictable, based on age or experience or relationship, but sometimes it's just the magic of who you sit beside at the

lunch table. As a Threads of Life family – members, volunteers and partners – there are more common threads among us than there are differences. What a privilege to watch those threads weave together into so many different types of healing and support.

INSIDE THIS ISSUE

features

What trauma looks like	2
Touched by tragedy	4

departments

FAMILY SUPPORT

What does peer support look like to you?	6
Your Healing Toolkit: Forest Bathing	7

VOLUNTEERS

Volunteer profile: Barb Murray	8
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PARTNERS AND FUNDRAISING

Donors like you: Scott McKay	9
Coming soon to a screen near you	10

STEPS FOR LIFE

Stepping through winter	11
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What trauma looks like

by **Leah-Ann Maybee**

I was fast asleep when my phone rang. It was still an hour before I was supposed to wake up for the night shift, so I was a little groggy when I answered. That was until I heard the words “You need to get here now. It’s bad”. I was awake.

As a safety professional I always hoped that I would never get that call, but I did. It was a Friday late afternoon, almost quitting time for the day shift guys, and it was rush hour. The call was about an incident that just happened on my work site. I couldn’t get dressed fast enough, I couldn’t get to the site fast enough and yet, when I did get there, I wished for an instant I wasn’t there yet.

Nothing in my career had prepared me for this. The scene I came upon was horrific, intense and chaotic. The dump box of one dump truck had tipped over and crushed the cab of the other next to it. The result was obvious and caused my heart to sink. That day, for whatever reason, two trucks ended up staged side-by-side. The first thing through my mind was, “Do we have a procedure to not stage trucks side-by-side? Yes we do”. The reason we don’t stage trucks side-by-side is to prevent this exact thing from happening; to avoid the consequences of one tipping due to uneven or unstable ground conditions or due to material hang ups or material that is not uniform, like rocks.



Leah-Ann at work

According to the crew, on this particular day one truck got backed in and started to dump, but then stopped for an unknown reason. As this happened, the other truck was being spotted back beside the first truck. They thought the first truck was finished dumping and was going to be leaving, so they backed the other truck in. Unfortunately, the first truck did not leave and as the second truck started to dump, the material in the box appeared to hang up in the trailer. This caused it to become

unstable and tip over onto the cab of the truck beside it. The driver of the first truck was crushed and later pronounced dead at the site.

Nothing in my career had prepared me for this.

There are a lot more details involved that lead up to the event. I typically

share these in safety meetings, training or when speaking with people who don't fully grasp why safe work procedures are in place and need to be adhered to. Each time I share the details, even 11 years later, I still get emotional. As I am writing this article, I can see and hear everything that went on that day and I find myself starting and stopping because this is what trauma looks like. The trauma is the catch in your throat while you are sharing what happened and why. The trauma is the flashbacks you get when you are working around the situation that caused the incident (for me it is dump trucks). Trauma is the nightmares you have of the scene, of the people involved and you are trying to stop it but can't. Trauma is not something I wish on anyone because it rears up when you least expect it and it changes you.

The most important reason that I chose occupational health and safety as a profession is because I want to protect people. I have been told many times in my career by managers, superintendents, foremen, and even friends, that I "care too much" and I "take things too personally" at work. I will always take people's well-being personally. That won't change, even if it means ruffling some feathers.

With the incident I'm speaking about, I'd been on the work site for about 10 months. I knew the crew involved very well. I saw them every day. But I didn't know the drivers involved. Why do I mention this? I can't imagine where I would be if I had known them. There is a saying in safety that serious incidents have a ripple effect. We obviously know that the people directly involved and their family will be affected, we know that first responders and medical personnel will be affected, and we know that co-workers will be affected. I am part of that ripple, my friends and family are part of that

ripple because they were the ones that were there to help me get through the event and aftermath.

In my case I went into a dark place for a long time. It's strange that at the time I continued to do my job. About two months after the incident I went to another company, and eight months later, on to yet another company. I continued to work and felt I was, for the most part, doing a good job but I was struggling in the background. I was drinking every day in that first couple of years. I was taking risks in my personal life that I normally would never take. I saw a few different counselors during that time. Unfortunately, I couldn't be honest with them about what I was going through because I thought I

When I finally opened up about these feelings and worked through them it felt like the weight of the world lifted off of my shoulders.

shouldn't be feeling this way. I thought I shouldn't be feeling this upset, and I needed to be stronger. Or worse, that I should be feeling more guilt.

It wasn't until four and a half years after the incident when, one night, I had a knock on my door. It was someone giving me a subpoena to appear in court. As the safety manager for the site, I looked after records and documentation, so I was a key witness for the court case against the employer. I hadn't even gotten over the initial trauma of the incident, and

here I was having to relive it in vivid detail. After being in the witness box for more than five hours, I was mentally, emotionally and physically drained. It was after the trial that I finally realized I needed help, and I needed to be honest with the counselor and with myself.

I finally admitted how guilty I felt. The guilt was that I didn't fight hard enough when crews weren't following safe work practices. That I didn't stand my ground more. That I didn't do enough. I felt that I was responsible for that man losing his life and the ripple effect of that event reaching out to far too many people.

When I finally opened up about these feelings and worked through them it felt like the weight of the world lifted off of my shoulders. Did my flashbacks, nightmares and anxiety stop? I wish I could say yes. I can't. I can say they are happening less and less as life moves along. But, it still manifests itself at strange times, or when I least expect them. As a safety professional, I still get challenged by workplace managers and workers about how safety is too hard, it slows us down, it costs too much. I don't always win, but my argument is always, the alternative is much harder, will slow you down more, and the cost...there is no number, there is only trauma.



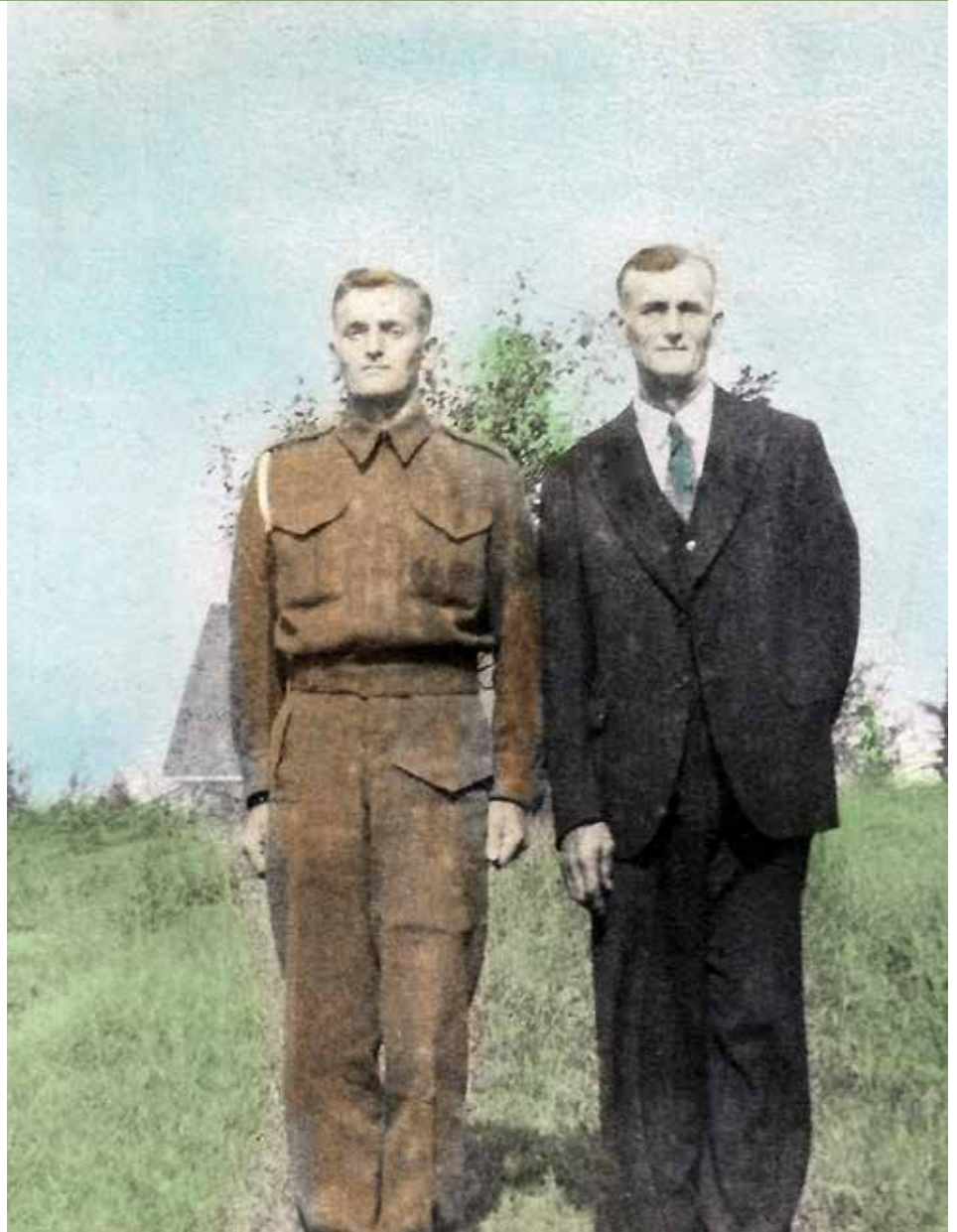
Leah-Ann (right) with her mom;

Touched by tragedy

by **Wilfred Langmaid**

I never personally knew my maternal grandfather, Leroy Maxwell, but his story was part of the narrative of my childhood. Born on Christmas Day in 1887 in Barre, Vermont, he died five days before Christmas in 1945 when my mother, his youngest child Sheila, was 14 years old. My grandmother, Della, lived with us throughout my childhood years. She and my mother talked about my grandfather's hard-working ways, including how he would get up early every morning to go to work and then how he would spend his evenings after what seemed to me as a child to be a hilariously early supper. After supper, he would tend to a large garden of vegetables as well as some animals, ensuring in the process that there would be plenty of food for a family with six children throughout the year, even in the midst of the Great Depression of the 1930s.

While my grandmother took her children to church in town in the horse and wagon on Sunday morning, my grandfather was not in the habit of going to church after the young couple married in 1912. He would instead stay home and prepare a Sunday meal for his family – the one day during the week that my grandmother did not prepare the family meal. This change of pace for him was his Sunday day of rest.



Leroy Maxwell with son Donald in 1941. Leroy died of silicosis in 1945, one year after Donald was killed in action in Holland.

My grandfather ... suddenly became ill in his early 50s, and was eventually bedridden with what the local doctor dubbed stonecutter's consumption.

According to my mother, his specialty meal was “smothered steak”. From her description, it consisted of cuts of steak that would have been very tough if simply fried in a

pan. However, he covered the steak with onions, made a gravy, and slow cooked it in the wood stove. In my mother's words, “You could cut it with a fork.”

Only one of the Sunday meals was eventually not enjoyed. That was in a year during the depression when cash was scarcer than usual. The family remained well fed with home-grown vegetables placed in the root cellar after harvest like every year, but the meat was always either the deer or the moose that my grandfather and his oldest son, Donald, harvest-

ed while hunting that fall. Both my mother and my grandmother got so sick of venison that they never ate it again. However, all the family ate it without complaint that year, thankful that there was food on the table daily when many in the same area were struggling in the days when folks in need lived in “the poorhouse” and there was no form of social assistance.

My mother would often recount the one-liner that came if this man who personified the Protestant work ethic asked any of the children what they were doing, and they said, as children are wont to do, “nothing”.

“There’s plenty of that in the woodshed,” he would reply.

They were a happy, loving family managing in difficult times, but there was an unseen elephant in the room. The work that he went to every day was in a granite quarry. His family before him had worked in a granite quarry in Vermont, and he and his brothers came with their parents to St. George, New Brunswick at the turn of the 20th century to join a booming industry in an area rich in red granite. The extraction and processing of red granite replaced the lumber trade as the major industry of the area from the late 1890s into the 1930s. While many massive, elaborate gravestones were crafted and are found in local cemeteries, including dozens in the St. George Cemetery, and the town post office and the Presbyterian manse were constructed of the distinctive stone, many other pieces of work were crafted and exported. They included columns for the Parliament buildings in Ottawa, the base of an Ottawa war memorial commemorating the Boer War, stone for the American Museum of Natural History in New York, and columns for the Roman Catholic Cathedral in Boston.

My grandfather worked every day

in the granite quarry. Living in the rural community of Canal, he would travel with others in that community by horse and wagon to the quarry in St. George – four kilometers there each morning, four kilometers back at the end of the work day.

A paper presented by Eulalia O’Halloran on July 4, 1968 to the Charlotte County Historical Society entitled *The Granite Industry of St. George and Recollections of its People* recounts the daily routine of workers like my grandfather:

Part of the story throughout my childhood was one of gratitude that such a horrible, preventable death did not happen anymore. Somehow, that was my view until this year.

“After the 7 a.m. whistle, the drills rattled; the granite cutters began their clinking; the surface cutters, column-cutters and polishers made their own heavy, steady sounds; the derricks squeaked as they moved huge stones from place to place -- and mixed with all this clamour were the shouts of the workmen themselves.”

“The whistle blew again at noon, at one o’clock, and at four and, twice every day, crews of men covered with granite dust emerged from the mills. I used to meet them on my way home from school at noon.”

My grandfather was never the victim of a workplace accident, per se, but after years of working in conditions with no ventilation and no masks – one of those “men covered with granite dust (who) emerged from the mills” he suddenly became ill in his early 50s, and was eventually bedridden with what the local doc-

tor dubbed stonecutter’s consumption. He was suffering from silicosis, a lung disease caused by breathing in silica from these tiny fragments over a period of time. Then, as now, there is no cure for silicosis. My grandfather died in 1945 at the age of 58, one year after his son Donald was killed in action in Holland during World War II.

Part of the story throughout my childhood was one of gratitude that such a horrible, preventable death did not happen anymore. Somehow, that was my view until this year.

At the Threads Of Life Family Forum that I attended this year with my wife, Shelley, who lost her father as the result of a workplace accident in 2016, my viewpoint changed.

While many family members were at the Forum because they had lost loved ones due to an accident in their place of work, I also met some amazing people who had suffered life-altering injuries while at work, and other heroes who were dealing with occupational diseases. I met families that included survivors of a specific type of workplace trauma; they were battling with lung disease caused by breathing in toxins from the workplace over many years.

I was thunderstruck, and simply ashamed of my sheer ignorance as a person who has been privileged to work at a desk or in front of a university classroom for the bulk of my professional career.

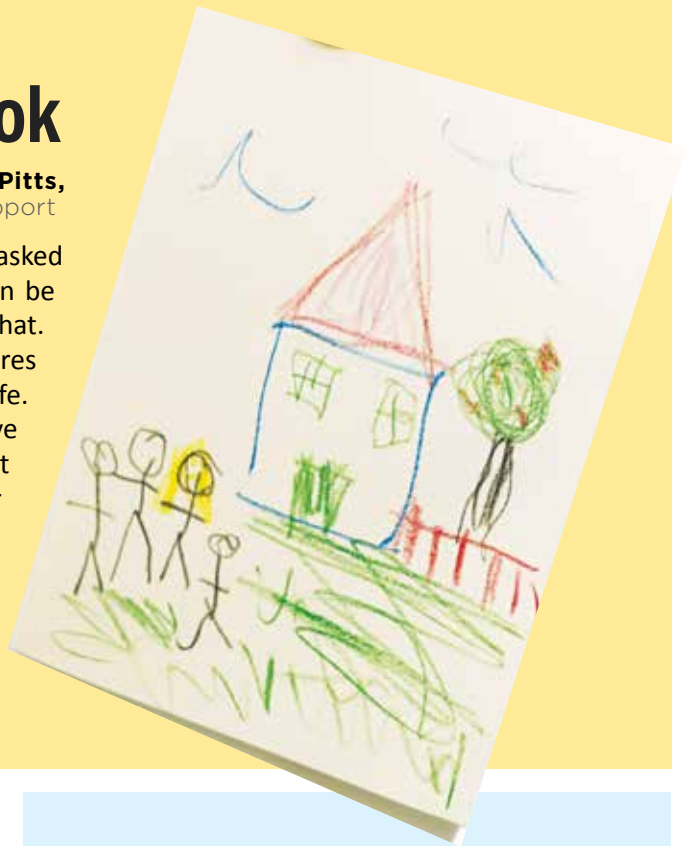
My first question: How is this still happening? Over 80 years have passed since my grandfather first showed signs of the toll the breathing in of toxins had on him while simply going to work every day to support his family.

My second question: What can I do? The answer to question two is to make folks aware that many people remain at risk in their workplace today. This reflection is a tiny effort in that direction.

What does peer support look like to you?

by **Karen Lapierre Pitts**,
Manager Family Support

Do you remember when you were a child in school, being asked to draw pictures for things like happiness, love or anger? It can be hard to explain or picture big ideas. Peer support is a bit like that. Peer support – that healing relationship with someone who shares a common experience – is the heart and soul of Threads of Life. It's at the centre of everything we do to support those who've experienced a workplace tragedy. But what does peer support look like? For me, it's the faces of every Threads of Life member receiving some kind of help – not only through our cornerstone Volunteer Family Guide program, but through Family Forums, our online FamiliesConnect workshops, our Steps for Life walks, even our quarterly newsletter. All these programs offer forms of peer support – just read the comments from some of our members:



STEPS FOR LIFE

In the first few years that I attended a Steps for Life walk, the sea of bright yellow t-shirts reassured me that I was not on this journey alone anymore. It heartened me to know that I had others walking beside me, both figuratively and literally.

FAMILIESCONNECT

These workshops are really helping me to come to terms with what has happened. I feel less alone on this path.”

FAMILY FORUM

“Even though you're scared of the unknown, everyone was there to listen and make you feel very comfortable.”

“This is the ‘one place’ where you can be you. Where you will feel ok in sharing your tears with others who understand your heartach

Peer support is as unique as the individuals giving and receiving support – there is no one model that suits everyone, but our hope is always that each person finds connection and truly realizes they are not alone. If you'd like to try a kind of peer support you haven't experienced yet – or just to tell us what peer support looks and feels like to you, please reach out to me at kpitts@threadsoflife.ca.

Give us your ideas for peer support!



Threads of Life offers several different programs and services which all aim to provide peer support in different ways. But we're also always looking for more ways to meet the needs of the individuals and families we serve. If you have suggestions for a service you feel would be helpful in your journey of healing, please let us know. Email Karen, kpitts@threadsoflife.ca or Thomas, tmarsh@threadsoflife.ca, or call us at 888-567-9490.



YOUR HEALING TOOLKIT

Why is this tool helpful after a workplace tragedy?

Forest bathing (or *shinrin-yoku* in Japanese) is different from hiking or trail walking. It's about slowing down, connecting with nature, but with no route or destination in mind. Research has shown forest bathing can reduce stress levels, improve mental wellbeing and mood, even boost immune function – all so important when coping with a work-related tragedy.

How can I get started?

1. **Choose a forest** – any natural environment will do, but it must have trees.
2. **Unplug!** Put your phone on silent so you can truly immerse yourself in the natural world.
3. **Enter the forest** – Follow a trail into the forest or park, and once you are completely surrounded by nature, stop.
4. **Engage your senses** – Close your eyes if you're comfortable. What do you hear? smell? What do you feel? A breeze? Maybe reach out and touch a tree, feel the bark.
5. **Take your time** – This is not about completing a trail or getting your cardio. Wander mindfully. Pay attention to each step and feel the ground under your feet. Look up too!
6. **Breathe** – Stop again, close your eyes and breathe deeply. The trees are breathing too – mingle your breath with theirs.
7. **Reflect and appreciate** – When you're ready to leave the forest, pause to think about your experience. How do you feel? Express your silent gratitude for the forest life around you.



Free Resources

- As with many self-help activities, you can spend lots of money on guides, trips and equipment for forest bathing, but you don't need to! All you need is time and trees.
- There are many free online resources about forest bathing. Try Wild & Immersive BC or Parks Ontario: wildandimmersive.ubc.ca/beginners-guide-to-forest-bathing/ <https://www.ontarioparks.ca/parksblog/guide-forest-bathing/>
- Your province and your town or city will have a listing on their website of parks, conservation areas and trails in the area that you can visit free.
- There are many books on forest bathing. The best known is Forest Bathing by Dr. Qing Li. You could request it at your library.

Volunteer Profile: Barb Murray

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



Barb with one of her handmade glass stars at the Western Family Forum

Support can come in many forms: a heartfelt conversation, a warm cup of coffee, a plate of food made from scratch, or a beautiful glass star. All of these represent the different ways Barb Murray shares her gifts with others as a volunteer, both in her community and with Threads of Life.

Barb has always been a volunteer in her community, whether it was with Girl Guides as a leader for many years, at the local curling club teaching junior curling and timekeeping at bonspiels, or as part of her church women's group catering events. Volunteerism was modeled by her mother who took time when she wasn't working as a nurse to volunteer with a pharmacy wives' group doing good deeds in the community. Barb says, "To give back was expected and I've carried on the tradition that my family instilled in me". Being a Girl Guide member growing up taught Barb to do a good deed every day, something she still endeavours to do.

Barb first became involved with Threads of Life in a volunteer capacity after attending her first Family Forum in 2011. She suggested ways to help families feel less alone and more connected at Family Forums, which led to the practice of matching new members with returning members so they aren't navigating the weekend event on their own. Because

of this true sense of caring and her ability to recognize the importance of connection, Barb was invited to become a Volunteer Family Guide and took the beginner training in 2013. Since that time she has also become a trade show representative and a volunteer within the Speakers' Bureau.

When Barb lost her husband Bob in 2010 to a workplace tragedy, she received peer support from a Volunteer Family Guide. She found great comfort in that peer support and wanted to be able to do the same for others. It was during this time Barb took up glass work as her own personal grief therapy. "It made me smile at a time when I couldn't smile," she says. She also decided to take it upon herself to create glass star ornaments to gift to each new family that attends the Western Family Forum each year. For at least 8 or 10 years she has been providing these keepsakes, handcrafted with great care. It fills her with joy to see the new members open these gifts. Each star includes a special tagged message of hope from Barb. "It lets them know I'm thinking about you and that you can think about your loved one." Making the glass stars each year is a "give back" piece for her to Threads of Life. This token of a handmade gift given to others provides her with the satisfaction of knowing she's helped to provide a way for others on this journey of grief to find a bit of joy once again.

Barb knows the power of support and what an impact it can have on healing. Having been the recipient of many donated meals after Bob's death, Barb recalls what a tremendous help that was during such a difficult time. "It was one less thing for me to have to think about." Support and healing with food can be very powerful. In the wake of a recent community tragedy, Barb was right alongside her fellow church members preparing sandwiches, cake and coffee while the community came together to mourn the loss of a local family and provide support to each other. "In times of grief and loss you feed someone, that's what you do," she says.

Volunteering is important to Barb on a very personal level and she encourages more young people to start volunteering, "You get far more out of it than what you put into it; it helps your soul," Barb notes. "Volunteers and the work they do, without them, things would collapse and every organization would struggle." The gift of support and of community can bring powerful healing on many levels. The ongoing work Barb does is a testament to the multitude of benefits volunteers provide not only for those who receive, but for those who give of themselves and their time.

Donors like you: **Scott McKay**

Scott McKay first learned about Threads of Life in 2003, shortly after its founding, while working for the Industrial Accident Prevention Association (IAPA). Witnessing the charity's impact firsthand, he saw the effect of its peer-based support programs for families affected by life-altering workplace injuries, illnesses, or fatalities.

Since Scott first became aware of the organization, Threads of Life has grown and currently supports more than 3,900 family members. Scott reflects on the organization's vital work, noting that despite advances in workplace safety, nearly 1,000 Canadians still lose their lives each year due to occupational disease or traumatic injury.

Threads of Life is here to help these families heal," Scott explains. "Sadly, these services are as essential today as they were in 2003."

Scott retired in 2023 as Threads of Life's Director of Fundraising and Partnerships, and his commitment to the organization continues, as evidenced by his decision to become a recurring monthly donor as part of the Tapestry of Hope.

As a national charity, Threads of Life relies on donor generosity," he says. "By providing predictable and ongoing funding, I know my contributions help ensure that all programs continue to be offered at no cost to families in need. I also welcome the annual tax break."

Through his involvement over the course of more than 20 years, Scott has witnessed the healing power of Threads



Scott McKay with his wife Marg

of Life's peer-based support. In particular, he recognizes the profound impact of its Speakers Bureau, where family members share their stories to educate and inspire others. "Thousands of workers, students, and stakeholder groups have been positively impacted by these emotional events," Scott says.

Looking to the future, Scott hopes two goals are realized: that every family affected by workplace tragedy learns about Threads of Life's services and that workplace injuries, illnesses, and deaths are eliminated altogether. "Every Canadian worker should come home healthy and safe each day," Scott reflects, expressing his hope for a future where Threads of Life's services are no longer needed.

Scott McKay's ongoing support embodies the spirit of Threads of Life's Tapestry of Hope – creating a safer future for the workers of tomorrow, while helping families heal today.

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

COMING SOON
TO A
SCREEN NEAR
YOU...

One of the core beliefs at Threads of Life is that sharing personal experiences can not only help heal the sharer, it can aid in preventing future tragedies. We're lucky to have partners with these same beliefs, who provide opportunities for members to tell their stories. Here are a few examples, coming soon to a screen or earbud near you:

- **Infrastructure Health and Safety Association (IHSA):** In response to an inquest earlier this year, IHSA has created a series of five videos featuring Threads of Life members explaining how their family member was killed on the job. The videos relate to hazards common in the construction and transportation sectors. Find the videos on IHSA's YouTube channel, youtube.com/@ihsa-worksafeforlife
- **IHSA** has also featured Threads of Life families on its podcast, ihsasafetypodcast.ca
- **The Health and Safety Awareness Program** offered by Workplace Safety and Prevention Services (WSPS) for schools in Ontario will incorporate videos telling Threads of Life stories. Information on HSAP is at the First Job-Safe Job website.
- **Safety Services New Brunswick** regularly shares the experiences of Threads of Life members, as well as information on programs and services, through its Health and Safety Podcast at: safetyservicesnb.ca/services/podcast/.
- **Longtime partner Canadian Centre for Occupational Health and Safety (CCOHS)** interviews a Threads of Life family member every spring for its podcast Health and Safety to Go.
- **The Saskatchewan Safety Council** produced the video Take the Extra Step featuring Threads of Life member Tara Elliott, who was the national Steps for Life spokesperson in 2024. Find it at vimeo.com/sasksafetycouncil.

Thanks to all these partners for their commitment to prevention, and for supporting families as they work to eliminate future tragedies.

Threads of Life and... **SHARKS?!**



Making a splash for Threads of Life!

Threads of Life supporters have come up with many unusual ways to help the organization, but this one may take the cake... or cage?

On September 10th, **Karen Adams**, CEO, WCB Nova Scotia, **Ava Czapalay**, Deputy Minister, Labour Skills and Immigration, and **Paula Knight**, CEO, Immigrant Services Association of Nova Scotia took a daring plunge into the waters of the Atlantic Ocean to interact with the many types of sharks that visit our coastline every year.

The three safety champions were guided by experts at Atlantic Shark Expeditions and protected by a diving cage. Their adventure was to raise awareness and funds to support Threads of Life members and families, and the trio created quite a splash, raising \$6570!

Thank you Karen, Ava and Paula for going below and beyond in your commitment to those affected by workplace tragedy!

■ STEPPING THROUGH winter

Deep under the winter snow, something is growing. It's the seeds of Steps for Life-Walking for Families of Workplace Tragedy 2025! Most of the community walks happen the first weekend in May (check stepsforlife.ca for the exact date in your town or city) but Steps for Life doesn't sleep through the winter. Here's what's happening right now to prepare the ground for Threads of Life's most important awareness and fundraising event:

- **Recruiting volunteers:** Lots of communities are looking for additional volunteers to help out with their Steps for Life events. There are opportunities for those who'd like to help organize a local Steps for Life walk from the ground up, and there are specific roles if you only have a day or a few hours to volunteer. Visit stepsforlife.ca/volunteer to learn more.
- **Searching for sponsors:** Our Steps for Life sponsors – both community and national – lead the way in injury prevention. Right now is the time for companies to commit to support workers and families affected by workplace tragedy, and show their passion for health and safety. Steps for Life committees are working hard to find those companies, and we're gathering logos to print on the very popular Steps for Life t-shirts – the deadline is February 28. For information about sponsorship, see stepsforlife.ca/sponsor.
- **Preparing spokespeople:** At its heart, Steps for Life helps people understand the impact of a workplace tragedy. One of the ways that happens is through the family spokespeople who share their story at Steps for Life walks across Canada. The fall and winter months are when we search for those members willing and able to share a little of their experience.
- **Getting ready for you:** Registration for Steps for Life doesn't open til February 1, but we want everything ready for you! We're working through the winter updating materials, printing posters, and building our new website! You can't register quite yet, but you can check it out! stepsforlife.ca – meet you there February 1!



NOT HIBERNATING!



Not hibernating in Red Deer!



All smiles and big plans in Lethbridge!



Wide awake and working hard in Toronto!

Upcoming Events

Families Connect online workshops
threadsoflife.ca/familiesconnect

Harmony in Hope and Healing

- December 6, 2024 at 4pm Atlantic, 3pm Eastern, 12pm Pacific
- December 13, 2024 at 4pm Atlantic, 3pm Eastern, 12pm Pacific

Free & Clear: Music Therapy & Mindfulness

- Wednesday, December 11, 2024
3pm Pacific, 6pm Eastern, 7pm Atlantic

Occupational Injury and The Caregiver's Role

- Wednesday, January 15, 2025
7pm Atlantic, 6pm Eastern, 3pm Pacific

Fun and Games Night

- Wednesday, February 12, 2025
7pm Atlantic, 6pm Eastern, 3pm Pacific

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

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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.

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.

The Tapestry of Hope is our new 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.