



Helping to Heal Families of Workplace Tragedy

Our 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.





Threads of Life is built on volunteers:

- Volunteer Family Guides
- Volunteer Speakers
- Workshop Facilitators
- Steps for Life Committee Members
- Steps for Life Event Volunteers
- And our newest volunteers, Community Engagement Volunteers

2003:
2 volunteers

2024:
350+ volunteers

Family Support Programs



Volunteer Family Guides

1:1 peer matches



Regional Family Forums

Networking and coping skills



FamiliesConnect

Monthly webinars



Speakers' Bureau

Trained volunteers with personal stories

Volunteer Family Guides



“My VFG has cried with me, laughed with me, shared her story and the court process she went through. I needed to speak with someone who knows firsthand just what I’m going through and how I’m feeling. I needed to confirm that the way I’m feeling is normal, the emotions I’m going through are normal. I needed to know that I am going to be alright”

Family Forums



“My first family forum, I arrived on the Friday and by Saturday I was a completely different person. I came in depressed and without a direction in my life. I left knowing exactly what my purpose was – to help others going through what we’re going through. It was so powerful.”

FamiliesConnect



“These sessions are awesome! The topics and communication with others are just what we need to move forward in our journey. Thank you, Threads of Life”

Speakers' Bureau



“I wanted to drive ownership of the safety program, down to the front-line employees. [The speaker’s] presentation did just that. I received many comments on how powerful the message was. Although we talk and act safety regularly, the group took this presentation far more seriously than I have seen in the past.”

Newsletters



“I like to read how others cope and offer support across Canada.”

Steps for Life



www.stepsforlife.ca

- Fun 5-km walks raising Health & Safety awareness and funds.
- Each spring in communities across Canada.
- Competition and team-building for corporate groups.



(519) 685-4276
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www.threadsoflife.ca

Thank You for making a difference

For more information on how to support
Threads of Life please visit the website
or contact our office.