



STEPS FOR LIFE 2025

On any given working day, three families will learn a loved one won't return home from work. Thousands more will experience a workplace injury or illness that will change their lives forever. Their families, friends, and co-workers will rally together to be there for one another.

The Association for Workplace Tragedy Family Support, known as [Threads of Life](#), supports the healing journey of families who have suffered from a workplace fatality, traumatic life-altering injury, or occupational disease.

Every year, Threads of Life hosts Steps for Life. This 5-km family walk aims to educate the community. It highlights the ripple effects of workplace tragedies. And, it shows how we can prevent such incidents.

IHSA is sponsoring 6 different walk locations in 2025 and we are currently recruiting walkers, and donations for the various walk locations.

Toronto:

Event Date: Sunday, April 27, 2025; Registration opens at 9:00 a.m.; Opening remarks at 9:30 a.m.

Event Location: Coronation Park, 711 Lakeshore Blvd. W, Toronto

Map: [Link](#)

Toronto Questions: contact team captain Sherri Stamper at sstamper@ihsa.ca

Team Registration Link: [IHSA Toronto Registration Link](#)

Donation Link: [IHSA Toronto Donation Link](#)

Kingston:

Event Date: Saturday, May 3, 2025; Registration opens at 9:15 a.m.; Opening remarks begin at 10:00 a.m.

Event Location: Little Cataraqui Conservation Area, 1641 Perth Rd, Glenburnie ON K0H 1S0

Map: [Link](#)

Kingston Questions: contact team captain Jennifer McKenzie at jmckenzie@ihsa.ca -

Team Registration Link: [IHSA Kingston Registration Link](#)

Donation Link: [IHSA Kingston Donation Link](#)

Mississauga:

Event Date: Saturday, May 3, 2025; Registration opens at 9:30 a.m.; Opening remarks begin at 10:15 a.m.

Event Location: JC Saddington Park, 53 Lake Street, Mississauga, ON

Map: [Link](#)

Mississauga Questions: Contact Sherri Stamper at sstamper@ihsa.ca

Sudbury:

Event Date: Saturday, May 3, 2025; Registration opens at 9:00 a.m.; Opening remarks begin at 10:30 a.m.

Event Location: Workplace Safety North, 235 Cedar Street, Sudbury, ON

Map: [Link](#)

Sudbury Questions: contact team captain Holly Baril at hbaril@ihsa.ca

Kitchener/Waterloo (new this year for IHSA):

Event Date: Sunday, May 4, 2025; Registration opens at 10:00 a.m.; Opening remarks at 10:30 a.m.

Event Location: Victoria Hills Community Centre, 10 Chopin Drive, Kitchener, ON N2M 2G2

Map: [Link](#)

Kitchener/Waterloo Questions: contact team captain Dana Zuest at dzuest@ihsa.ca

Team Registration Link: [IHSA Kitchener-Waterloo Registration Link](#)

Donation Link: [IHSA Kitchener-Waterloo Donation Link](#)

Thunder Bay:

Event Date: Sunday, May 4, 2025; Registration opens at 10:00 a.m.; Opening remarks at 11:00 a.m.

Event Location: Carpenters & Joiners Local 1669, 1306 Capital Way, Thunder Bay, ON P7B 0A3

Map: [Link](#)

Thunder Bay Questions: contact Mika Lees at mlees@ihsa.ca

PLEASE CONSIDER JOINING IN ANY WAY YOU CAN TO SUPPORT THIS AMAZING CAUSE.

