



STEPS FOR LIFE 2026

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 8 different walk locations in 2026 and we are currently recruiting walkers, and donations for the various walk locations.

Toronto:

Event Date: Sunday, April 26, 2026; Registration opens at 9:00 a.m.; Opening remarks at 9:30 a.m.

New Event Location: Sir Casimir Gzowski Park – Area 2 – 2001 Lakeshore Blvd. W. Toronto, ON M6S 5A3

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 2, 2026; 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](#)

Link: [Kingston - Registration and Donation Link](#)

Sarnia:

Event Date: Saturday, May 2, 2026; Registration opens at 9:00 a.m.; Opening remarks begin at 10:00 a.m.

Event Location: Cantara Park, Seaway Kiwanis Pavilion (Animal Farm)

Map: [Link](#)

Link: [Sarnia - Registration and Donation Link](#)

Sudbury:

Event Date: Saturday, May 2, 2026; Registration opens at 9:00 a.m.; Opening remarks begin at 10:00 a.m.

Event Location: IHSA Office, 2141 Lasalle Blvd, Unit 4A, Sudbury, ON P3A 2A3

Map: [Link](#)

Link: [Sudbury - Registration and Donation Link](#)

Ottawa:

Event Date: Sunday May 3, 2026; Registration opens at 9:00 a.m.; Opening remarks begin at 10:00 a.m.

(Please arrive 15 minutes early to account for security screening)

Event Location: Ottawa City Hall, 110 Laurier Avenue West, Ottawa, ON K1P 1J1

Map: [Link](#)

Link: [Ottawa - Registration and Donation Link](#)

Thunder Bay:

Event Date: Sunday, May 3, 2026; 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](#)

Link: [Thunder Bay - Registration and Donation Link](#)

Timmins:

Event Date: Sunday May 3, 2026; Registration opens at 10:00 a.m.; Opening remarks begin at 11:00 a.m.

Event Location: Gillies Lake, 100 Lakeshore Road, Timmins, ON P6N 8R5

Map: [Link](#)

Link: [Timmins - Registration and Donation Link](#)

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

