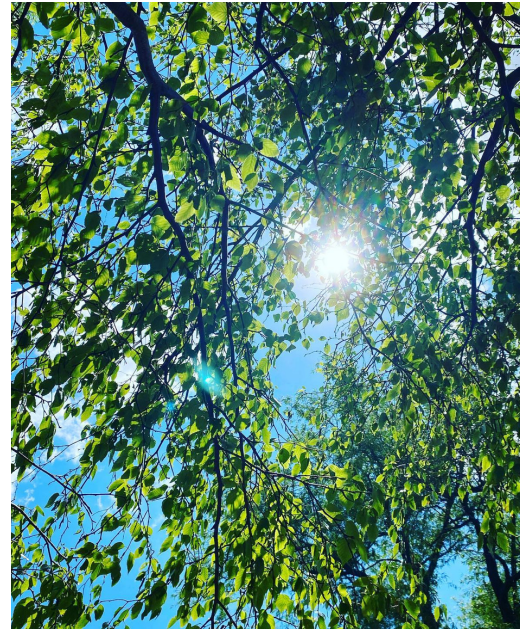


Life After Burns

Summer 2021 Newsletter



What's Happening?

BY VICTORIA VASS

Life After Burns is a new network and organization based out of Ontario, focused on helping those impacted by burn trauma. We kicked off our monthly peer support groups in June.

We have been working behind the scenes to bring new exciting resources to the community, and making new amazing connections across Canada. We welcome ideas and feedback!

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Meet Victoria

FOUNDER

Hello everyone! I am a burn survivor, founder of Life After Burns, and the newest member of the Canadian Burn Survivors Community board of directors.

In early 2021, I started Life After Burns, an organization for those impacted by the trauma from burns. This cause is very personal to me as I sustained third degree burns to 20% of my body at the age of 9 during a trip up north to Muskoka. After a personal search for my purpose, I realized that I could help others with a similar experience by creating connections, finding resources, and bringing people together.

I believe in the strength of those affected by similar trauma helping each other, and discussing difficult topics.

I facilitate the peer support groups and plan all things LAB, if you have any ideas please reach out.

*“Life is really simple,
but we insist on
making it
complicated.”*

CONFUCIUS



Meet Barb

CO-FACILITATOR

Hi, I am a retired Occupational Therapist. I worked on the Burn Unit in Winnipeg, Manitoba, for many years, and got to know many burn survivors and their families during that time.

I was part of a group of people who started the Mamingwey Burn Survivor Society in 2003, this is a provincial volunteer organization that offers help to people after they are done with the hospital, and back in their own community. Talking with other survivors means there is someone out there who understands what you went through, and this is very important after a burn injury, so I never get tired of helping people connect and move along their healing journey.

I also have a lot of experience facilitating burn support groups and running sharing circles for burn survivors, family members and burn unit staff and firefighters.

I am dedicated to helping survivors across the country, and am one of founding members and current Chair of the Canadian Burn Survivors Community. I find it invigorating to meet newer survivors and see them grow and give back to the community. I am also a mom to 4 grown kids, and a grandmother to 2. I try to spend as much time with my family as I can!"

Having a soft heart in a cruel world is courage, not weakness.

KATHERINE HENSON



Programs

PEER SUPPORT GROUPS

Our monthly support group for burn survivors and loved ones. The group focuses on peer-to-peer support for survivors and loved ones. It is an open chat, with a topic or speaker at each session. Hosted over Zoom every 4 weeks on Wednesday's.

SESSIONS (STARTING IN SEPTEMBER)

Experts join us once a month to talk to us about an important topic relating to burns, self care, and healthy and happy living. Hosted over Zoom.

GAME NIGHTS

Games nights are just about having fun with each other. Each month we will play a different game. Hosted over Zoom.



Excerpt from: The Strength in Our Scars

BY BIANCA SPARACINO

“Be the person who cares. Be the person who makes the effort, the person who loves without hesitation. Be the person who bares it all, the person who never shies away from the depth of their feeling, or the intensity of their hope. Be the person who believes — in the softness of the world, in the goodness of other people, in the beauty of being open and untethered and trusting. Be the person who takes the chance, who refuses to hide. Be the person who makes people feel seen, the person who shows up. Trust me when I say — be the person who cares. Because the world doesn’t need more carelessness, any more disregard; because there is nothing stronger than someone who continues to stay soft in a world that hasn’t always been kind to them.”

Resources

LIFE AFTER BURNS

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CANADIAN BURN SURVIVORS COMMUNITY

www.canadianburnsurvivors.ca

