

FALL 2025

Canadian Burn Survivors Community



What's Inside?

- Upcoming Events
- Research Articles
- Important Information
- How to Stay Connected

Welcome

A message from our Chair

Hi everyone, and welcome to our 2025 Fall Newsletter.



Our twice-monthly support group meetings, alternating between Saturdays and Wednesdays, have continued to be a great success. Offering a mix of days has allowed more people to attend, and the dedicated topics and themes have helped spark meaningful discussions and stronger connections within our community.

We are also actively working on scheduling future conferences, and we look forward to sharing details as soon as they are confirmed. These events are always a highlight of the year, giving us the chance to come together in support of one another.

Please enjoy the newsletter and thank-you to our Communications Committee Chair, Victoria Vass, and her team for the time and effort they put into creating this newsletter. Their work makes it possible for us to keep everyone informed and connected.

Michael Cook
CBSC Chair

Canadian
Burn Survivors
Community

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VIRTUAL PEER SUPPORT GROUPS

Share experiences, learn from others,
and build your support network in a
safe and welcoming environment.
Facilitated by burn professionals,
these biweekly sessions are designed
to connect and inspire.

CBSC Burn Survivor Peer Support Group

Wednesdays: 5pm PST | 6pm MST | 8pm EST | 9pm AST

Saturdays: 8am PST | 9am MST | 11am EST | 12pm AST

October 10th & 27th

November 5th & 22nd

December 3rd & 20th

[Sign up for the burn survivor peer support group](#)

Loved Ones & Caregivers Support Group

Last Thursday of every month

4pm PST | 5pm MST | 7pm EST | 8pm AST

September 25th

October 30th

November 27th

[Sign up for the loved ones & caregivers support group](#)

Foothills Hospital Group Meetings (Hybrid)

Second Wednesday of every month

5:30pm PST | 6:30pm MST | 8:30pm EST | 9:30pm AST

October 8th

November 12th

December 10th

Email burn.survivors@albertahealthservices.ca
www.cfbts.org



CFBTS TRUCK PULL



On Friday, June 13 the Calgary Firefighters Burn Treatment Society hosted their second annual CFBTS Truck Pull. Calgary Firefighters were joined by members of the Calgary Burn Survivors, staff from the Calgary Firefighters Burn Treatment Centre, researchers from the University of Calgary Vet Med, and over 20 business community teams. Teams of 10 pulled a full-size fire truck 30 meters down Stephen Avenue Mall. The sun was shining, the atmosphere was electric, and participants gathered in front of Social Beer Haus (official sponsor), enjoying Water Fight Lager (official beer of the CFBTS) while cheering each other on to raise funds for burn care in Calgary and southern Alberta. Highlights included the Calgary Burn Survivors team pulling the truck over the finish line, local Firefighter Randy Chevrier pulling the truck solo, and a pair of Calgary Stampede Clydesdales hauling the rig in true Calgary fashion. Nearly 30 teams raised over \$8,000, topped off by a \$6,000 donation from Social Beer Haus.

BC Burn Camp

July 20-25, 2025
Squamish, British Columbia



This July, the BCPFF Burn Fund provided a powerful week of fun, healing, and connection for 63 young burn survivors, 12 junior counsellors, and over 55 volunteers. The week started on Sunday July 20 th with our Burn Camp Kick-Off hosted by Surrey Fire Fighters Local 1271. Campers, their families, and our amazing volunteers arrived to enjoy the morning with Burn Camp sponsors and donors. Everyone enjoyed a pancake breakfast and our annual water fight. During the speeches, the Burn Fund handed out 14 bursaries for adult burn survivors who are pursuing post-secondary studies. Then, we headed up to the Cheakamus Centre in Squamish to enjoy five nights with our Burn Camp family.



We were so excited to have 12 new campers join us this summer and it's always wonderful to see them seamlessly fit into Camp with our welcoming returning campers. One of our new campers was through a Camp exchange we did with Camp BUCKO in Ontario! We welcomed a camper and counsellor in July and sent one of our own campers and counsellors out to Ontario in August. It's great to see and hear what other Burn Camps are doing in Canada. At Camp, our group enjoyed a daytrip to Whistler, a relaxing lake day and fan favourite white water rafting. It was a big graduating year for us, as we had 11 campers graduate from Burn Camp! Some of them have been coming since they were 6 years old and we hope to see them at our Thrive young adult retreat or welcome them back next summer at Camp as junior counsellors. We are already counting down the days until next July!

Camp Phoenix

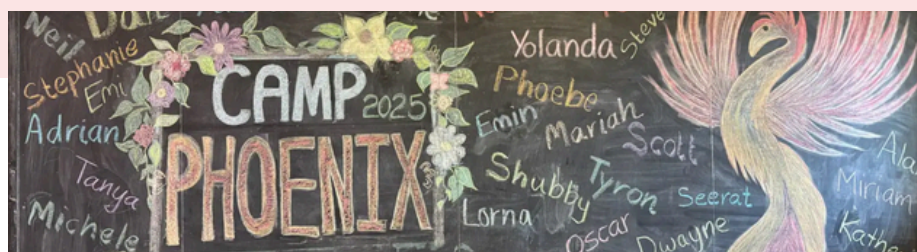
August 25–29, 2025
Camp Arnes, Manitoba



We were excited to welcome kids back to Burn Camp Phoenix from August 25–29, 2025 at Camp Arnes, Manitoba. The camp was generously funded by the Manitoba Firefighters Burn Fund, and Mamingwey Burn Society Inc. oversaw the planning and execution of camp.

Camp Phoenix provided an opportunity for young survivors to connect with others with similar experiences, all within a safe, supportive, and fun-filled environment. As always, our camp was staffed by a dedicated team of volunteers including members of the Children's Hospital burn unit, firefighters, medical professionals, adult burn survivors, and volunteers from the wider community — all coming together to make a lasting impact in the lives of these incredible and resilient kids.

Camp kicked off with a family BBQ hosted at Fire Station #1. Families enjoyed music, a bouncy castle, face painting, and firefighters cooking up delicious food. We had 12 kids in camp from all over Manitoba, with 12 full-time volunteers and 6 part-time volunteers. We welcomed many returning campers and some new campers! Activities included camp-led canoeing, kayaking, archery, ziplining, and a high ropes course. Additional activities led by Mamingwey included psycho-social programming such as sharing circles, tubing, a movie night, a foam party, and a penny carnival.



[Phoenix Burn Camp Website](http://PhoenixBurnCampWebsite)

Camp BUCKO

August 10-16, 2025
McArthurs Mills, Ontario



Camp BUCKO (Burn Camp for Kids in Ontario) was founded in 1995 with a vision of providing a safe and inclusive camp for children and youth who had sustained burn injuries. For the last 30 years, Camp BUCKO has continued to get bigger and better with each passing year.

Camp BUCKO is a week-long residential camp, free of charge for every child in Ontario aged 7-17 who sustained a burn injury requiring hospital care. It is a registered charity and operates on the generous donations of sponsors including Firefighter Associations, service groups and other public and private organizations.

Throughout the year the Board of Directors plan various camp events with Camp Week being the highlight of the year. To celebrate our 30th Anniversary this year's camp week theme was Camp BUCKO Movie Stars. We rolled out the red carpet, had VIP access, Paparazzi, a photobooth, popcorn and all of the campers in their finest Movie Star outfits and costumes, hair and makeup done to perfection, danced the night away. It was a night to remember!

Throughout the week campers participated in various activities that included Beezer's Corner, arts and crafts, swimming, SUP, canoeing, tubing, horseback riding, high ropes, archery, and fishing. Our nightly campfires took place around an artificial campfire due to the Burn Ban but we made the most of it with skits, songs, Sonic Booms, the Talking Stick and cookies. Our senior campers went on their overnight trip to Palmers Rapids where they paddled the rapids and camped under the stars.

A number of special guests donated their time during the week, including The Red Knights and Blue Knights, fly overs from a Griffon Helicopter with SAR techs and four C130 Hercules, OPP boats and quads, Toronto Police K9, the Toronto Ghostbusters.

Memories and life-long friends are made at camp. The excitement and pure joy on camper's faces throughout the week is more than words can describe. To witness their resilience, strength and courage is humbling. It's a privilege to be a part of each and every camper's lives for one week every year. To watch them grow up and flourish as young adults is beyond rewarding. Camp BUCKO is more than a camp, it's a family.



Atlantic Burn Camp

August 17 - 24, 2025
Cape Breton Island, Nova Scotia



Every August on Kelly's Mountain in Cape Breton, Nova Scotia, Atlantic Burn Camp welcomes children and youth from across Atlantic Canada for a week that changes lives. Children and youth aged 6-17 attend ABC for a completely free week of fun in August alongside volunteers from New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland and more. The camp started spreading its joy in 1998 and continues to do so to this day. Throughout the week, the campers and volunteers take part in various activities such as Christmas, Easter, a day out on the water, parades, a carnival night, and more. Each night ends with a song created by a local Cape Bretoner, Duncan Wells, called "We All Shine Like Stars", to connect everyone. Atlantic Burn camp is a place of community but most importantly, growth.



Over the past five years I have been a counselor, and prior to that, I was a camper for eleven years. I have witnessed growth in both campers and staff—not only throughout the week, but also over the years. It's incredible to see how much transformation can unfold in just a single week. I have witnessed children transform from shy and uncertain to outgoing and full of life, in just a matter of hours or days. Camp creates a space where everyone can be themselves and openly embrace what they have gone through. Each year, each child comes back more confident than the last. The camp has a strong sense of community when everyone returns, and you can feel it when you first step onto the campgrounds. Warm, welcoming smiles greet you from day one—and only shine brighter as the week unfolds. The staff come together to make sure everything is complete, and that the children and youth have the best week possible. When everyone comes together like this, the impact is lasting and visible in each person involved.



The Science of Slowing Down: Why Our Nervous Systems Need Rest

MIND & BODY
MATTERS

Submitted by Retaj Ramadan

As we enter the fall season and watch the natural world around us slow down, it is worth remembering that our bodies thrive on similar rhythms of rest. Burn and trauma recovery is certainly about progress and activity, but it is equally shaped by periods of intentional pause and recovery.

The physiology of recovery, rest, and healing

Our nervous system is a complex interplay of opposing systems. Within the autonomic nervous system, the sympathetic (fight or flight) and parasympathetic (rest and digest) divisions represent opposing drives.

The sympathetic nervous system is active in times of stress, such as the initial period of burn or trauma. The elevation of cortisol and heightened perceptions (including pain) can be protective in the initial trauma period. However, long term activation of this system can exhaust the body, contributing to issues such as inflammation and reduced wound healing.

In the context of burn healing, the parasympathetic nervous system is involved in rest, repair, and recovery. Once active, it allows cortisol levels to decrease, blood flow to the skin and digestive tract to improve, and immune cells to work more effectively. Research shows that this state fosters improved tissue repair and reduces inflammation, as well as supporting emotional well-being. These are all critical factors in burn recovery.



How to engage the parasympathetic drive

Knowing that parasympathetic activation is crucial in healing, recognizing ways to hone and activate this system is important. Sleep is one powerful practice to focus on. During deep sleep, the body releases growth hormones, which drives collagen synthesis and tissue repair. The immune system is reinforced and the brain consolidates memories while regulating mood. In Canada, adults are generally recommended to get seven to nine hours of sleep per night. For burn survivors, prioritizing sleep is part of the medical prescription for healing.

Other practices that empower the parasympathetic nervous system and remind us to slow down include mindfulness and deep diaphragmatic breathing, which work to release tension, lower heart rate, and improve oxygen delivery to healing tissues.

There is also a science to “letting go.” Chronic stress keeps the body on high alert, with persistent sympathetic activation driving elevated stress hormones, higher heart rate, and impaired immune function. Over time, this can contribute to physical and emotional exhaustion.

Take this time of changing seasons to shed, recover, and reflect. Actively releasing unhelpful thought patterns, unresolved tension, or cycles of rumination helps shift the nervous system toward parasympathetic balance, benefiting both the mind and the body.

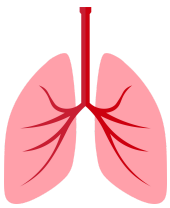
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The Science of Slowing Down: Why Our Nervous Systems Need Rest

MIND & BODY
MATTERS

Submitted by Retaj Ramadan
(CONTINUED)

Practical Tips For Slowing Down This Fall:



1. Deep breathing

Slow, belly breathing (inhale 4 sec, hold, exhale 6 sec), regulates bodily responses, lowers heart rate, and improves oxygen delivery to tissues.



2. Sleep optimization

Adults require 7–9 hours per night; deep sleep supports growth hormone release, collagen synthesis, and immune regulation. Regular sleep hygiene, including a set wind down every night, a break from screens, and healthy caffeine habits can help optimize sleep.



3. Mind–body interventions

Practices such as mindfulness, progressive muscle relaxation, or gentle stretching have been shown to decrease cortisol and improve nervous system balance.



4. Gratitude practice

Regular reflection on positive aspects of life has been linked to an enhanced sense of wellbeing. Keep a daily gratitude journal or find time to slow down and appreciate small daily wins.



5. Know when to reach out for help

Persistent insomnia or anxiety is not something you have to “deal with.” If stress, pain, or sleep problems persist despite conservative measures, reach out to your healthcare team and/or the burn community. Know that help is part of healing.

SMALL SHIFTS, STRONG ROOTS

MIND & BODY
MATTERS

By Melissa Bonnell, BSc, MAMFT, CCC

Personal and emotional well-being grows in many directions—like roots that keep us steady while we stretch toward what matters most. For burn survivors, tending to our well-being can look different at different times. It isn't about doing everything perfectly—it's about noticing what fuels you, honouring your limits, and making space for both challenges and growth. Here are six gentle reminders for the season:

Here's your gentle reminder:

- You carry more resilience than you often give yourself credit for.
- Your “fuel tank” matters—emotional, physical, social, and relational energy all need refilling.
- Self-care doesn't need to be grand; sometimes it's simply a glass of water, a breath of summer air, or five minutes of quiet.
- Boundaries aren't walls—they're healthy bridges. Saying no when you need to, asking for support, or taking up space with your needs is not selfish; it's self-respect.
- We heal best in connection. A shared laugh, a quiet conversation, or simply being around others who “get it” reminds us we're not alone. Relationships can refill our tanks in ways nothing else can.

Try this:

Pause today and ask yourself: “What is one small way I can honour my needs right now?” Maybe it's setting a boundary, reaching out to a friend, stretching your body, or letting yourself rest.

Remember: celebrating your wins and honouring your challenges are both acts of courage. You don't need to choose one over the other—they both tell the story of your strength. Your mental health matters. Small steps, taken with kindness toward yourself, create big shifts over time.

Your mental health matters. Every step you take toward caring for yourself supports not just your healing, but your connections with others and creates big shifts over time.

Together in Healing,

Melissa Bonnell, BSc, MAMFT, CCC



Social Wellness Self Care & Affirmations

Submitted by Melissa Bonnell

Social Wellness

Social wellness means feeling connected to others, building supportive relationships, and having a sense of belonging. After a burn injury, social connections may change — but they can still be fulfilling, empowering, and nourishing.

Social Wellness Self-Care Tips

1. Protect Your Energy

- Spend time with people who uplift you.
- Limit contact with those who drain you or dismiss your feelings.

2. Communicate Your Needs

- Be clear about what kind of help or space you need.
- Practice saying “no” without guilt.

3. Take Small Social Steps

- Try short visits or outings before committing to longer ones.
- Choose environments where you feel safe and respected.

4. Decide What to Share

- You control your story — you don’t have to answer every question.
- Use responses that feel right for you (e.g., “That’s personal, but thanks for caring”).

5. Stay Connected in Ways That Work for You

- Phone calls, texts, online communities, in-person gatherings — there’s no one “right” way.

Affirmations

Say these daily, out loud or in your head:

- I am worthy of respect in every interaction.
- My scars tell a story of survival, not limitation.
- I decide who hears my story and when.
- It’s okay to take up space - I belong here.
- The people who matter will see me for who I truly am.
- I release the need to please everyone.
- Every step I take in public builds my courage.

Remember:

Social wellness isn’t about how many friends you have — it’s about the quality of your connections and how they make you feel.

Personal Reflection

One relationship that supports me: ____

One small social goal for this week: ____

One affirmation I connect with most: ____

MY WIN & MY CHALLENGE

Today's Date:	
One Challenge I Faced:	
One Win I Achieved:	
What I Learned About Myself Today:	

WHY USE THIS?

Every day has both ups and downs. Writing them down helps us notice progress, accept struggles, and see our strength more clearly.

How to Use This Page:

- At the end of each day, pause and reflect.
- Write one challenge you faced and one win you achieved.
- Remember: No win is too small, and no challenge is too minor. Both matter.

Weekly Reflection Prompt:

At the end of the week, look back at your entries and ask yourself:

- Which challenges showed me my strength?
- Which wins made me feel proud?
- What patterns do I notice in how I handle tough days?

Affirmations to Keep in Mind:

- I can hold both my struggles and my successes.
- Challenges do not erase my progress.
- Every win, no matter how small, is worth celebrating.
- Both my wins and challenges prove my resilience.



2025 MAMINGWEY BURN SOCIETY CONFERENCE



October 24-25, 2025

Canad Inns Polo Park
1405 St. Matthews Avenue, Winnipeg, MB

About the Conference

Theme: “The Life You Want, the Strength You Have”

This annual event is more than a conference—it’s a space to connect, learn, and heal. Whether you are a survivor, caregiver, firefighter, or health professional, your presence helps build the strength and support that make recovery and resilience possible.

**KEYNOTE SPEAKER:
BEN HARMS**

At just 18, Ben's life changed forever following a tragic accident that left him with burns over 50% of his body and led to the amputation of both legs. Given a 1% chance of survival, he defied every odd placed before him. Today—over 15 years later—Ben has walked in 17 countries, become a professional engineer, and continues to inspire through his example of resilience and intentional living.

Conference Schedule

Friday, October 24:
Begins at 1:00 PM

Saturday, October 25:
Full-day program

“Life is found in the small moments: taking the time to appreciate the flowers, stare at the stars, and find joy where it is often overlooked.”
– **Ben Harms**

Register Now

<https://www.mamingweyburnsocietyconference.ca/event-details/the-life-you-want-the-strength-you-have>

Life After Burns: AGM

TORONTO, ON
SATURDAY, SEPTEMBER
20TH, 2025



Life After Burns is a registered non-profit organization located in the Greater Toronto Area. We strive to empower burn survivors and their loved ones, and to provide lifelong support with navigating the challenges of a burn injury at any stage of recovery.



The organization serves to connect those whose lives are affected by burn trauma to each other and the burn community at large, as well as to health resources and services.

We were pleased to host our Annual General Meeting in September, bringing together our members and supporters to reflect on our achievements, share updates, and look ahead at the exciting goals we have for the future. Thank you to everyone who joined us and continues to support the growth of **Life After Burns**.

You're Invited!

UPCOMING WINTER HOLIDAY GATHERING

Date: Sunday, November 16th

Time: 2-5pm

Where: Trinity-St.Paul's, 427 Bloor St W, Toronto, ON

Cost: Free!

What to Expect: Finger foods, games, activities, funny sweater contest, and more!



Canadian Skin Patient Alliance Survey

The Canadian Skin Patient Alliance is conducting a survey to learn more about how dermatological conditions affect mental health, to better support patients.

If you live with one or more dermatologic condition or care for someone who does, please participate in the survey! After completion of the survey, you will be entered into a draw to win one of four \$50 gift cards to a retailer of their choice.

The findings from this project will be used to build a report that will be shared with physicians, policymakers, and patients, to help improve access to care and treatments in Canada.

To complete the survey, visit this secure link:

<https://forms.office.com/r/XEnAeRAde0>

**Unite.
Educate.
Empower.**



Canadian Skin Patient Alliance
Alliance canadienne des
patients en dermatologie

**Unir.
Éduquer.
Dynamiser.**

Research Spotlight

A summary of an academic paper
published by Catherine Liao, CBSC Board Member

Every year, many people are seriously burned. But for some, the danger of fire does not end with survival. In Vancouver's Downtown Eastside (DTES), residents of some single-room occupancy (SRO) housing face daily risks that can cause injuries or death from fire. These risks are not just accidental or due to personal mistakes. My research shows that fire dangers in DTES – SROs, and other insecure housing, are closely connected to poverty, stigma, discrimination, racism, colonial history, and lack of help from systems. Understanding these bigger issues is very important if we want to prevent future harm and fight for justice for all burn survivors.

Often, fire safety talks focus on personal actions like smoking, hoarding, and drug use. But they overlook the bigger issue: the conditions people live in. Many low-cost housing buildings, including private and government-funded SROs and supportive housing, are old, poorly maintained, and small—about 300 square feet. Some have broken wiring or heating, forcing tenants to find unsafe solutions. When waste isn't managed well and shared spaces are overflowing with belongings, it's not because residents are careless; it's because the systems meant to keep buildings safe aren't working.



Access to fire safety information is a serious issue. Many residents said they never received basic fire prevention education. Sometimes, safety tips were shared through digital platforms, which was a problem for tenants without reliable internet or digital skills. Others received confusing or harsh warnings from staff about fire safety violations, which felt more punishing than helpful.

These issues are not accidental—they reflect larger problems of exclusion, where some communities are denied information, resources, and respect that others easily get. In fire prevention, this lack of access not only raises danger but also worsens existing inequities in safety and health.

What is most concerning is that residents are often blamed for unsafe conditions they are made to live in because there's not enough affordable housing. In Vancouver's Downtown Eastside, fires in both private and supportive SROs are often blamed on mental health issues, hoarding, irresponsible behaviour, smoking, or substance use. While these factors might be involved, this narrow view misses the bigger systemic problems. Many fires also happen because people don't have access to stable, affordable housing, proper mental health care, and follow-up after crises. For instance, people who use drugs may hide it to avoid eviction or judgment, which can lead to more dangerous situations. These risks are made worse when there aren't support services that are safe, respectful of cultures and persons, trauma-informed, and free of stigma.

Research Spotlight

A summary of an academic paper
published by Catherine Liao, CBSC Board Member
(continued)

Instead of addressing the root causes, the current system often just treats people in crisis and then sends them back into unsafe environments. Our healthcare system mostly focuses on quick emergency responses, with little attention to prevention or long-term recovery. This keeps harmful stereotypes alive and distracts from bigger issues that increase fire risk, like the housing crisis, toxic drug supply, lack of social support, and punishing poverty and drug use.

This research emphasizes that preventing burns isn't just about smoke alarms or personal responsibility. It's also about fairness and justice. Burns risk and injury prevention, including designing interventions, especially in underserved communities, require addressing issues like unsafe housing, stigma, racism, discrimination, poverty, and legacies of colonial harm. We should also advocate for improved fire safety, equitable education, and supportive care that truly listens to those most impacted. The Canadian Burn Survivors Community (CBSC) and its allies can be powerful voices in this effort, advocating for reforms that treat fire risk and burns as an issue of fairness rather than solely individual blame. By shifting the focus from blame to justice, we can ensure that everyone, regardless of income, ethnicity, gender, or ability, has a safe place to live, heal, and thrive.

If you'd like to connect about this research article, you may reach out to Catherine at c.liao@mycbsc.ca. She'd love to hear your ideas and keep the conversation going.

About the Author

Catherine Liao (she/her) is a Registered Nurse (critical care) with over 24 years of experience and a PhD Candidate at the University of British Columbia, where her research focuses on burn injuries in underserved communities.

She serves on the Board of the CBSC and is the Director of Resurge Africa, a charity dedicated to strengthening health systems for burn care in West Africa. As part of her doctoral research, Catherine shadowed the Vancouver Fire Rescue Services from August to December 2023 in Vancouver's DTES. She also analyzed various documents and interviewed burn survivors from this community, as well as local leaders working in fire safety, health, housing, and social services (2023-2025).

Her academic article based on this research can be accessed here:

Beyond Individual Factors: A Critical Ethnographic Account of Urban Residential Fire Risks, Experiences, and Responses in Single-Room Occupancy (SRO) Housing.

Reference:

Liao, C., Varcoe, C., Brown, H., & Pike, I. (2024). Beyond individual factors: a critical ethnographic account of urban residential fire risks, experiences, and responses in single-room occupancy (SRO) housing. BMC Public Health, 24, 2343(2024). <https://doi.org/10.1186/s12889-024-19866-z>

BOOK REVIEW

Submitted by Barbara-Anne Hodge

The Accident

by Gayle Petrillo

A few years ago, I joined an online support group where Gayle Petrillo, an author and a childhood burn survivor, discussed the experience of writing a book about her journey. I bought “The Accident” right after this. At 55 pages, her book is incredibly approachable—concise enough to be read in a single sitting, yet substantial enough to leave the reader with lasting insights. I really admire her for sharing her very personal story, it is very courageous to put yourself out into the world in this way!

Gayle outlines the accident in question, and it happened when she was just a toddler. She was accidentally scalded by hot coffee, an injury that is the most common cause of burns in children. She talks about how it all happened so fast, as all accidents do.

Gayle was hospitalized immediately following the burn, and of course as a small child, she relied on her parents’ care once at home. She touches on the many things that almost every burn survivor has to cope with, no matter what age you are injured at – wounds that need to heal, itching, having permanent scars, the stigma of having scars on her body, dealing with being stared at and using clothing to hide her scars, developing fears and phobias related to the trauma of the burn, as well as dealing with a lack of confidence. Gayle very honestly relates some very effective solutions as to how to cope with these issues. She relates how she was able to overcome her phobias, by seeking the right kind of professional help. Her bravery really shines through here. There are many excellent tips and examples of how to overcome some of the issues that arose for her. Gayle ends the book with a list of ‘superpowers’ that can turn trouble into triumph, and ways that anyone in this world can make a difference for the better.

This is a great book for many reasons; it offers hope, reassurance, and has a positive energy running throughout, no doubt a reflection of Gayle’s loving nature. Any burn survivor, family member, educator, or someone who works with people dealing with their trauma will find this book a comfort to read and a good example of how to move forward successfully.

Here is my favourite quote: “We all have times we want to hide. There are times we may feel embarrassed or uncomfortable. Remember you are never alone. Someone else is going through something difficult too, at the very same time.



The Accident is available on Amazon.ca in paperback or on Kindle.
Also, check out her latest book, Becoming Visible.

Get Involved

Volunteer With Us

Make an impact utilizing your skillset and passions!

Other volunteering opportunities include:

- Administrative
- Board of Directors
- Communications
- Fundraising
- Development
- Peer Support

If you are interested, fill out our [Volunteer Form](#).

Any questions? Email Victoria at v.vass@mycbisc.ca

Go to our website
www.canadianburnsurvivors.ca/volunteer



Donate to Support CBSC

Since 2006, the CBSC has aided over 1,000 burn survivors in Canada and the US. We facilitate monthly chats, provide 1-on-1 mentoring, and host nationwide conferences uniting survivors, families, caregivers, and the medical community to share advancements.

To continue our mission of supporting burn patients as they transition to becoming survivors, we depend on your support. Our volunteer-run organization depends on individual and corporate donations. With this support, we've assisted 1,000+ patients but our work isn't complete.

Your contributions enable us to aid more survivors, particularly in areas lacking local support. Your donation to the CBSC assists burn survivors in their journey to recovery, empowering them to move forward confidently. Support our cause by donating today!

CBSC T-Shirts for Sale

The CBSC now has T-Shirts available on our website!! \$35/shirt (Shipping fee within Canada included). Small - XXXL available.



CONTACT US



www.canadianburnsurvivors.ca



v.vass@mycbssc.ca



[@canadianburnsurvivorscommunity](https://www.instagram.com/canadianburnsurvivorscommunity)

