

Life After Burns

Connect.Heal.Grow.



Our Mission

Our mission is to create a safe space and build community through advocacy, mentorship, and connections to resources for burn survivors and their loved ones. Survivors supporting survivors.

OUR PROGRAMS

Virtual Monthly Peer Support Groups (2)

1. Burn survivors and all those that have been impacted by burns
2. Loved ones, caregivers, supporters only group

Virtual Educational Sessions

Experts join us to talk to us about an important topic relating to burns, healthy and resilient living, and self care.

Meet Ups & Yoga

Casual in person meet ups, gentle yoga for any skill level.

Share Your Story

Sharing your story is a great way to inspire others. By finding similarities in each others stories, it helps us live more fulfilling lives.

Who Are We?

Life After Burns is a place for burn survivors and their loved ones, started by burn survivors. We're not professionals, we're just people with lived experience. We host group peer support groups, meet ups, wellness activities, educational sessions, and connect people to resources to provide a community and safe space to talk, listen, learn, and grow.

We raise awareness about the importance of the inclusion of psychosocial care for burn survivors and their loved ones. Our goal is to inspire those whose lives have been impacted by burns to reach out for support and community.

Let's Connect



Website

www.lifeafterburns.ca

Email

ourlifeafterburns@gmail.com

Socials

@lifeafterburns



Life After Burns is a Registered Not-for-Profit Organization in Ontario since May 2021.

www.lifeafterburns.ca