

Life After Burns

Connect.Heal.Grow.



Our Mission

Our mission is to create a safe space, a community, a hub of information, and connections for burn survivors and their loved ones.

OUR PROGRAMS

Virtual Monthly Peer Support Groups (2)

- Burn survivors and all those that have been impacted by burns
- Loved Ones & Supporters only group

Virtual Sessions

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

Yoga

Gentle Yoga Sessions with an Occupational and Physical Therapy Assistant. No experience required. Calm, comfortable, and inclusive environment.

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.

Meet Ups

Casual in person meet ups.

Who Are We?

Life After Burns is a place for burn survivors and their loved ones, started by burn survivors. We host group meetings, 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.

Life After Burns is a Registered Non-profit Organization in Ontario since May 2021.

Let's Connect



Website

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Socials

[@lifeafterburns](#)



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