



And Then I Was Free

2024 Impact Report



Letter from our Founder

2024 was a powerful year of growth, connection, and deepened impact for AndThenIWasFree. We are proud to continue providing culturally specific, trauma-informed support to LGBTQ2S+ and Indigenous youth across Ontario.

This year, we raised over \$60,000 through grants, sponsorships, and donations. Of this, 80% went directly into programming that supports our community, with just 20% allocated to administrative and operational costs. We are fully volunteer-run, and every dollar is maximized to create meaningful change.

We engaged 25 dedicated volunteers who helped us extend our reach and deliver high-impact programming throughout the province. AndThenIWasFree proudly participated in and celebrated at Pride events in Toronto, Muskoka, Belleville, Kawartha Lakes, Peterborough, Kingston, and the Two-Spirit Pow Wow, creating safer, more supportive spaces wherever we went.

We led impactful workshops for several organizations including the Rural Institute of Ontario, Rural Change Makers, Native Child, and the City of Toronto, and shared our knowledge and lived experience in ways that center identity, healing, and resilience.

This year also marked the successful launch of our Celebrating & Supporting Two-Spirit Youth initiative – an achievement we are incredibly proud of. We were able to reach more youth than ever before, and the stories, strength, and feedback we've received remind us how necessary and overdue this work truly is. From peer support groups to one-on-one affirming care, from educator support to community presence, our efforts have resonated deeply.

We know this work doesn't happen in isolation. It takes a network of committed individuals, community partners, funders, and grassroots supporters. This year, we were honoured to be a beneficiary of the Pride & Remembrance Foundation Pride Run (priderun.org). As one of the selected beneficiaries, we not only received generous financial support but were also uplifted by an incredibly passionate and engaged community of runners and donors. This partnership amplified our visibility, strengthened our community connections, and directly contributed to our ability to launch and expand Trans and Two-Spirit youth programming.

We are continually inspired by the generosity, advocacy, and encouragement from our community. Each act of support, whether a donation, a shared story, a social media like, or volunteer hour, is what allows us to show up for youth every single day.

We are grateful to everyone who has supported us over the past year, and we look forward to making an even bigger impact this year.

Miigwech, thank you!

Shayne McGregor

Shayne McGregor
Founder



By the Numbers

\$62
thousand

FUNDS RAISED

25

ACTIVE VOLUNTEERS

135

INDIVIDUAL DONORS

1,750+

COMMUNITY MEMBERS REACHED

18

INDIVIDUAL YOUTH
SUPPORTED

In 2024, AndThenIWasFree raised over \$60,000 through community-driven grants, donations, and sponsorships – a total that included 135 individual donations from generous supporters across Ontario. This critical funding allowed us to support our community through a range of impactful initiatives.

We engaged 25 active volunteers who played a key role in delivering programming and outreach efforts. Our team had a proud presence at seven Pride events across Ontario, including Toronto, Muskoka, Belleville, Kawartha Lakes, Peterborough, Kingston, and the Two-Spirit Pow Wow, creating inclusive and affirming spaces wherever we went.

We hosted 50 peer support groups for LGBTQ2S+ and Indigenous youth, providing vital opportunities for connection and care. Eighteen individuals received personalized support including gender-affirming care (e.g., binders), grocery and food assistance, and essential home items such as beds and kitchenware. Through events, groups, workshops, and direct resource sharing, we reached over 1,750 community members throughout the year.

What Makes You Feel Free?

What makes you feel free?
Having the ability to
be myself + share
my culture + identity.

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What makes you feel free?
Being around
Supportive friends

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What makes you feel free?
Being with folks who
accept and work to understand
my neurodivergence!

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What makes you feel free?
Being My
Authentic
Self

⚠ AndThenIWasFree

What makes you feel free?
belonging without
judgement or stigma

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What makes you feel free?
No Labels

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What makes you feel free?
A loving
Community ♡

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What makes you feel free?
Being able to
Choose who I Love

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What makes you feel free?
Being happy as the
Person I am 😊

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What makes you feel free?
Sharing my experiences
with friends and feeling
seen and supported

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What makes you feel free?
Being with
animals 🐾
other feminists

⚠ AndThenIWasFree

2024 Highlights

Grants Awarded



Project name: Critical Support for Two-Spirit and Trans Youth

AndThenIWasFree's project, Critical Support for Two-Spirit and Trans Youth, will include interactive workshops and support groups for Indigenous Two-Spirit youth that incorporate Indigenous culture and teachings as well as discussions around lateral violence. Additionally, we will run workshops and support groups to support the unique challenges and shared experiences of Trans and Nonbinary youth. We will deliver inclusivity and anti-bullying workshops for middle and high-school students, and conduct Trans and Two-Spirit training and sensitivity workshops for educators. Through our project, we'll foster a community that celebrates diversity, empowers individuals, and amplifies the voices of Trans and Two-Spirit youth.



Foundation Grants (up to \$50,000)

Celebrating & Supporting Two-Spirit Youth
And Then I Was Free

This project represents a step forward in our mission to create a more inclusive and supportive environment for Indigenous Two-Spirit youth. Rooted in our unwavering commitment to making a meaningful impact, we are set to launch Two-Spirit-specific programming that seeks to celebrate individuals and address the unique challenges.



New Programming

TRANS & TWO-SPIRIT SUPPORT GROUPS

Connect with others, share experiences, find strength in solidarity and community, and ask questions to help you navigate your identity exploration.

AndThenIWasFree's groups are always free for participants.

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TRANS & TWO-SPIRIT SUPPORT GROUPS

for trans, non-binary, gender-questioning, and 2-spirit youth ages 15-30

- Specific groups will be built based on age, identity, location, and other factors
- Groups are led by professional facilitators with lived experience who will share their stories and guide the conversation
- Groups are offered virtually and/or in-person (based on preference, demand, and location of participants - more details will be provided)

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Key Community Initiatives & Partnerships



Pride & 2-Spirit Events



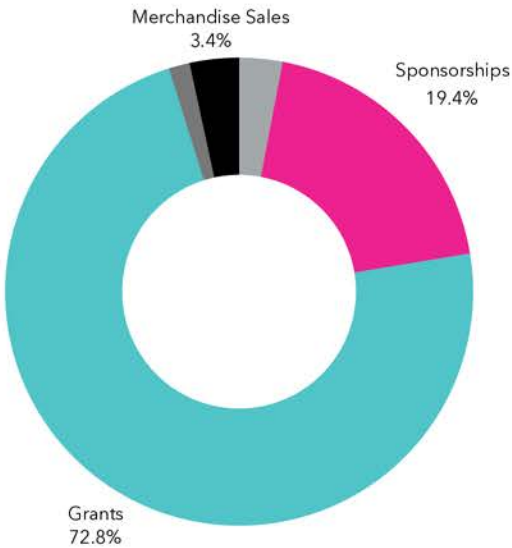
Media Coverage



Financial Overview

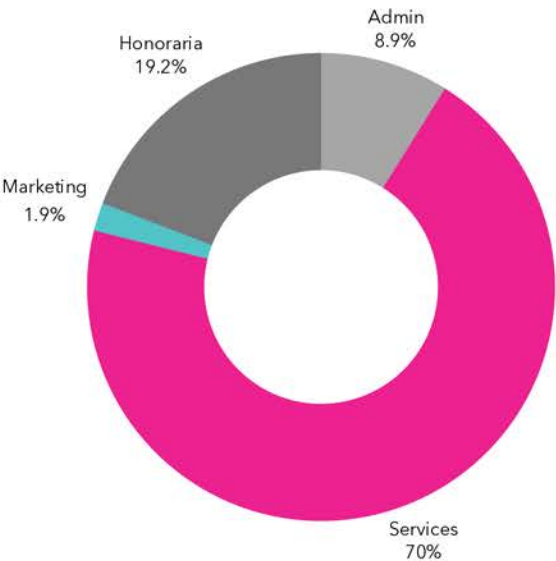
REVENUE

DONATIONS & FUNDRAISING	\$1,850
SPONSORSHIP	\$12,000
GRANTS	\$45,000
WORKSHOP SALES	\$900
MERCHANDISE SALES	\$2,100
TOTAL REVENUE	\$61,850



EXPENSES

PROGRAMS & SERVICES	\$43,295
HONORARIA	\$11,855
ADMIN & OPERATIONS	\$5,500
MARKETING & PROMOTIONS	\$1,200
TOTAL EXPENSES	\$61,850



Mental health, addiction, and identity support and education
for LGBTQ and Indigenous youth and communities across Canada

And Then I Was Free

@and

wasfree.org

"This work isn't just what we do, it's who we are. Every conversation, every workshop, every support group is a reminder that safe, affirming spaces can truly change lives. We're here because the community deserves better access, deeper care, and lasting support. And we'll keep showing up, again and again, for as long as we're needed."

GET IN TOUCH

✉ hello@andtheniwasfree.org

📷 @andtheniwasfreeorg

🌐 www.andtheniwasfree.org



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