



**IMPACT**

**REPORT**

**2023**

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# INTRODUCTION

**Lives Are Meant To Be Changed** addresses critical issues like substance abuse, mental health, and the socioeconomic barriers that hinder personal growth and community well-being.

Our strategy expands beyond providing resources; we engage deeply with the community through educational support, substance use coaching, and father-focused programs.



We catalyze change by organizing impactful workshops, leveraging community and state partnerships, and advocating directly for those in need. This holistic approach not only aids in overcoming immediate challenges but also fosters long-term empowerment and resilience, underscoring our commitment to transforming lives and enhancing community well-being.

What sets us apart is our founder's personal journey from struggle to success, grounding the organization's mission in genuine empathy and understanding. The emphasis on comprehensive support spanning substance abuse recovery to fatherhood coaching. Commitment to personal, tailored approaches in addressing each individual's needs distinguishes our interventions. This holistic and empathetic approach ensures that the support provided is not just a temporary fix but a transformative journey toward long-term empowerment and community betterment.



# OUR STORY SO FAR

## OUR MISSION

Our mission is to bridge the gap between individuals in need and the organizations or agencies offering the essential services and resources for self-sufficiency. We believe deeply that lives are meant to be changed, and it's our duty to facilitate these transformative changes through dedicated support, comprehensive services, and a holistic approach to individual empowerment and community well-being.

## OUR PURPOSE

The purpose of our company, at its heart, is to empower individuals and communities to overcome the challenges of substance abuse, mental health issues, and socioeconomic barriers. We aim to provide not just assistance but a pathway to self-sufficiency and a better life, fostering a sense of hope and possibility. Through our targeted programs and personal support, we're committed to making a significant, lasting impact on the lives we touch.



**THERE ARE OVER 10,000**

**SINGLE-FATHER  
HOUSEHOLDS IN THE  
CITY OF BOSTON**

**THE MAJORITY ARE  
MEN OF COLOR**

# OUR 2024 GOALS

1

## Secure Sustainable Funding and Establish a Permanent Home

We will solidify our financial foundation by attracting additional funding from diverse sources. This will enable us to sustain and grow our programs. Simultaneously, we are looking for a brick-and-mortar space to serve as a permanent base for our operations, a sanctuary where individuals can find support, resources, and community. This physical presence will symbolize stability and accessibility, making our services more reachable for those who need them most.

2

## Broaden Our Impact

We're determined to extend our reach further into the Boston community, aiming to support an increased number of individuals battling substance abuse and mental health challenges. Expanding our footprint means bringing hope and change to more lives than ever before.

3

## Refine and Innovate Our Services

Our commitment is to not only maintain the effectiveness of our programs but to elevate them. We plan to incorporate cutting-edge, evidence-based strategies and broaden our workshop offerings, ensuring our interventions are as impactful as possible.

4

## Forge Stronger Alliances

Central to our mission in the coming year is to solidify and expand our network of partnerships with local agencies, organizations, and community members. These collaborations are vital, enriching our resource pool and strengthening the support system available to those in need.

# OUR 2024 KEY SERVICES AND PROGRAMS

In our mission to transform lives and foster self-sufficiency, we offer a comprehensive suite of services and programs designed to meet the diverse needs of our community.



## Substance Use Coaching

Our dedicated team provides compassionate, personalized coaching for individuals navigating the complexities of recovery. We understand the journey is unique for everyone, and our approach is tailored to meet each person where they are.



## Educational Support

Recognizing the power of education in changing lives, we offer assistance for those pursuing their General Education Development (GED) tests, alongside job readiness and communication skills workshops. Our goal is to open doors to new opportunities for our participants.



## Resource Advocacy

We serve as a vital link between residents and the resources they need, from housing assistance to employment opportunities. Our team works tirelessly to connect individuals with the support necessary for a stable and independent future.



## Nurturing Father Group

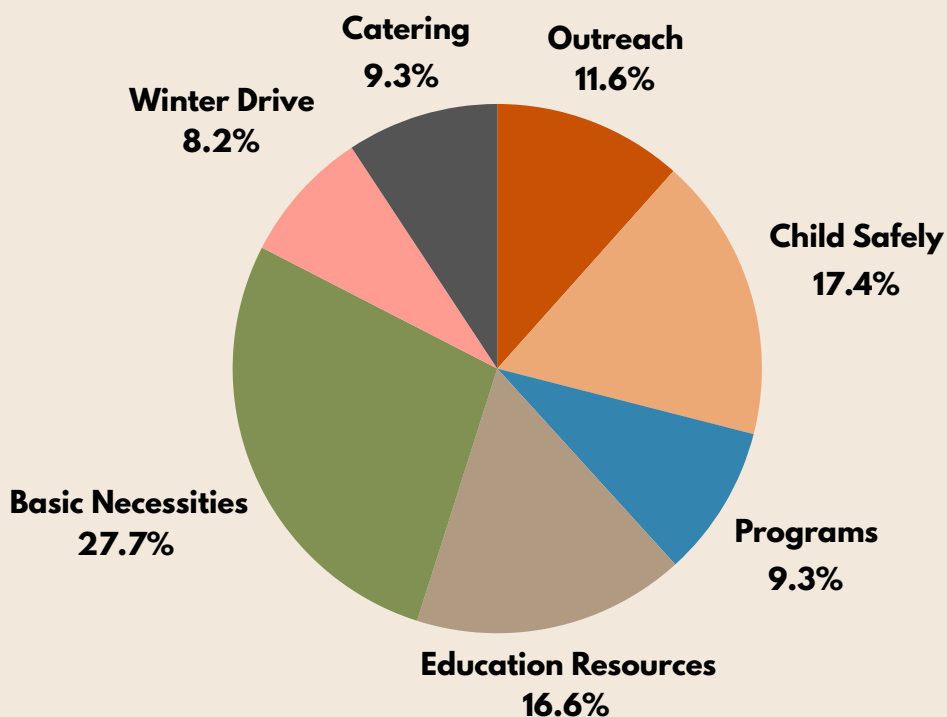
Led by our founder, Garrick Thames, this program addresses the unique challenges fathers face today. Through weekly sessions, we provide a space for discussion, learning, and growth, focusing on the importance of active, engaged fatherhood.

## Outreach and Community Engagement



Through a variety of channels including social media, community events, and partnerships, we actively reach out to those in need. Our presence in the community ensures that support is accessible and available to all who seek it.

# 2023 BUDGET ALLOCATION



**Outreach Materials (\$500 for Unseen Hands):** This investment funded the production of printed T-shirts, business cards, and other promotional materials. These items played a crucial role in enhancing our visibility in the community, facilitating outreach efforts, and fostering a sense of belonging and identity among our members and volunteers.

**Child Safety (\$750 for End Child Molestation):** We allocated funds towards 60 molestation kits for fathers, emphasizing the importance of child safety within our community. This initiative not only provided essential tools and information to protect children but also engaged fathers in active discussions and education on preventing child molestation.

**Program Graduation Support (\$400 for Carol Miranda):** Celebrating the achievements of our participants, we dedicated funds to 20 graduation bags. These bags, filled with useful items and resources, were distributed to individuals who successfully completed our programs, marking their progress and encouraging their continued journey toward self-improvement.

**Educational Resources (\$717.88 for Lulu):** Recognizing the power of education, we invested in books and educational materials to support our learning and development programs. This investment enriched our resource library, providing participants with access to knowledge and tools to aid their personal and professional growth.

## Basic Necessities & Support

- Underclothes (\$887.47 for Target): We purchased essential clothing items to ensure that individuals and families we serve have access to basic necessities, promoting dignity and comfort.
- Gift Cards (\$305 for Target): Gift cards were distributed to provide flexible support for food, clothing, and other essential items, empowering recipients to address their immediate needs in a dignified manner.

**Winter Clothing Drive (\$352.33 for Primark):** With the cold Boston winters in mind, we allocated funds towards purchasing coats for our Toy Giveaway event. This initiative provided warmth and protection for individuals and families during the harsh winter months, embodying our commitment to meeting the holistic needs of our community.

**Community Event Catering (\$400 for Joe's Sub Shop):** Funding pizzas for our Toy Giveaway created a welcoming and festive atmosphere, fostering community spirit and togetherness. This investment in catering supported a memorable event that brought joy, warmth, and community connection during the holiday season.



# OUR IMPACT

Garrick Thames has profoundly impacted the Boston community through his personal journey of recovery and transformation, leading by example to inspire those around him. His organization, "Lives Are Meant to Be Changed," focuses on empowering individuals facing personal challenges, particularly those re-entering the community after incarceration and battling substance abuse. Thames' work is not just about offering consultation, mentoring, and workshops; it's about providing a pathway for positive change, addressing the effects of mass incarceration, and the school-to-prison pipeline that has significantly impacted Boston's communities. His dedication to the cause extends to actively engaging with the city's most vulnerable populations, as demonstrated by his outreach to the residents of Boston's Mass and Cass corridor, encouraging them with his personal story of recovery.



Thames' approach underscores the importance of community support and the belief that recovery and transformation are possible for everyone, regardless of their past. This commitment to change and the tangible impact of his organization highlight why "Lives Are Meant to Be Changed" and its mission are crucial to Boston's landscape of support and rehabilitation services.

Thames' story and his nonprofit embody the essence of personal accountability, community support, and the unwavering belief in the possibility of a brighter future, making his mission a beacon of hope in Boston.



# ACKNOWLEDGEMENTS

We extend our deepest gratitude to each individual, partner, and supporter who has journeyed with us this year. Your unwavering faith in our mission and your generous contributions have fueled our efforts to make a tangible difference in the lives we touch. Every workshop held, every story of recovery shared, and every life transformed is a testament to the power of community and collective action.

To our volunteers, your dedication and selfless service breathe life into our vision daily. To our donors, your generosity enables the expansion of our reach and the deepening of our impact. And to the individuals and families we serve, your courage and resilience inspire us to push forward, even in the face of challenges.

"Lives Are Meant to Be Changed" is more than just an organization; it's a movement, a belief in the potential for transformation within every individual. As we look ahead, we are filled with hope and determination, knowing that together, we can continue to change lives and shape futures. Thank you for believing in the possibility of change, for standing by us, and for making all of this possible. Together, we are changing lives—one person, one family, one community at a time.

**WE THANK YOU**  
**FOR YOUR CONTINUED SUPPORT IN**  
**OUR PROGRAMS**