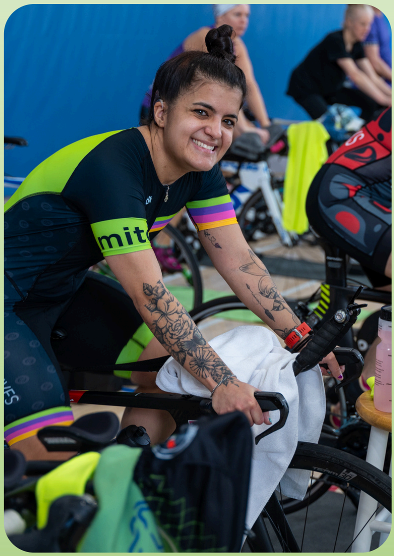
mitocanada

Annual Report

2023/2024



Chair and CEO

Message from the Chair and CEO

Sean Messing
Board Chair/Director

As we reflect on the past year, we are profoundly grateful for your unwavering support and commitment to MitoCanada's mission. Together, we have achieved remarkable progress in advancing **research**, **education**, **awareness**, and **support** for Canadians impacted by mitochondrial disease.

At MitoCanada, our vision is steadfast: to create a world where all lives are powered by healthy mitochondria. To bring this vision to life, we are dedicated to fostering growth in four key areas: education, support, awareness and research. Guided by our board, committees, and devoted staff, and strengthened by partnerships with international mito-patient associations, we celebrate the milestones achieved and remain focused on delivering impactful solutions and driving meaningful change for those living with mito.

This year, feedback from the MitoCommunity has reinforced the importance of expanding our support and education initiatives. In response, we have enhanced our services and resources to better meet the most pressing needs of individuals and families. Today, MitoCanada is providing more support than ever before, thanks to our close collaboration with the community we serve.

Kate Murray
CEO & President

We extend our heartfelt appreciation to our incredible donors, volunteers, board members, ambassadors and committee members. Their dedication and generosity form the foundation of MitoCanada's success and propel us forward in our mission.

In closing, we sincerely thank everyone who has contributed to improving the lives of Canadians affected by mitochondrial disease.

Your support is invaluable, and together, we will continue to make a difference.

With gratitude,

Sean Messing

Kate Murray
K. Murray

Board of Directors

Sean Messing

Chair

Zachary Seymour

Vice-Chair, Secretary

Dilek Dag

Director, Treasurer

Blaine Penny

Director, Vice-Treasurer

David Mosher

Director

Claudia Aguirre

Director

Dr. Neal Sondheimer

Director/Medical Advisor

Dr. Michelle Mezei

Director/Medical Advisor

Who We Are

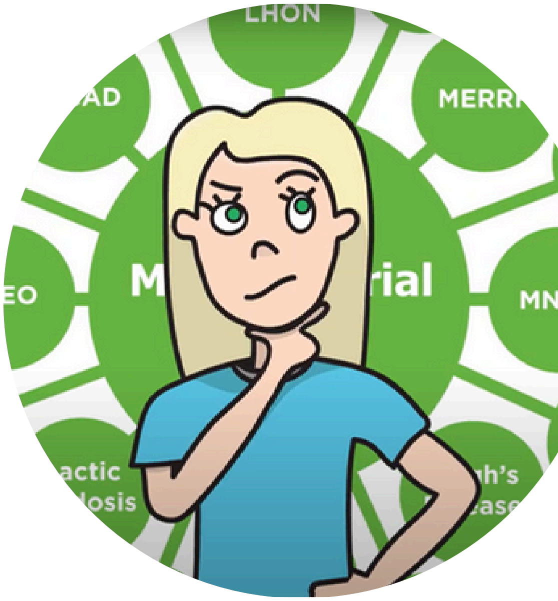
MitoCanada is Canada's only registered health charity dedicated to transforming the lives of individuals, families, and caregivers with mitochondrial disease.

At MitoCanada, our mission is to energize and support individuals, families and healthcare providers across Canada through education, support, awareness and transformational research.

To achieve this mission , we are deeply committed to fostering growth across four crucial areas: education, support, awareness and research.

Education

MitoCanada is dedicated to creating and delivering a diverse array of educational resources tailored to the unique needs of the MitoCommunity.



These resources empower Canadians with knowledge about the diagnosis and management of mitochondrial disorders, offering practical guidance to help individuals make informed decisions, adopt valuable strategies and access essential support services. Through these efforts, we aim to enhance the overall wellbeing of individuals living with mitochondrial disorders.

We have created, compiled, and disseminated a range of resources, including webinars led by mitochondrial experts, easy-to-read infographics, and informative articles. Designed with a focus on clarity and inclusivity, these resources ensure valuable information is available to all.

Webinars:

Our educational webinars serve as a bridge between healthcare professionals specializing in mitochondrial health and patients impacted by mitochondrial diseases (mito) throughout Canada.

“Managing Mito – Current Gaps in Care and Hope for Future Therapies”

With Dr. Aneal Khan

Our mitochondria provide energy to our muscles, energy which we need to function. People who do not have enough healthy mitochondria often face complex health challenges. That can be debilitating, and at times, life-threatening. Dr.Khan teaches us about the current treatment of mitochondrial disease, exploring current gaps in care. He also explores potential future therapies for those living with mito.

Education Resources

In 2023/24 we developed webpages providing education on the following topics:

Exploring Mitochondrial Disease

Mitochondrial Disease Symptoms

Mitochondrial Disease Symptoms - MitoCanada.org

Diagnosing Mitochondrial Disease

Diagnosing Mitochondrial Disease - MitoCanada.org

Treating Mitochondrial Disease

Treating Mitochondrial Disease - MitoCanada.org

Managing Stress

Managing Stress - MitoCanada.org

Genetic Counselling

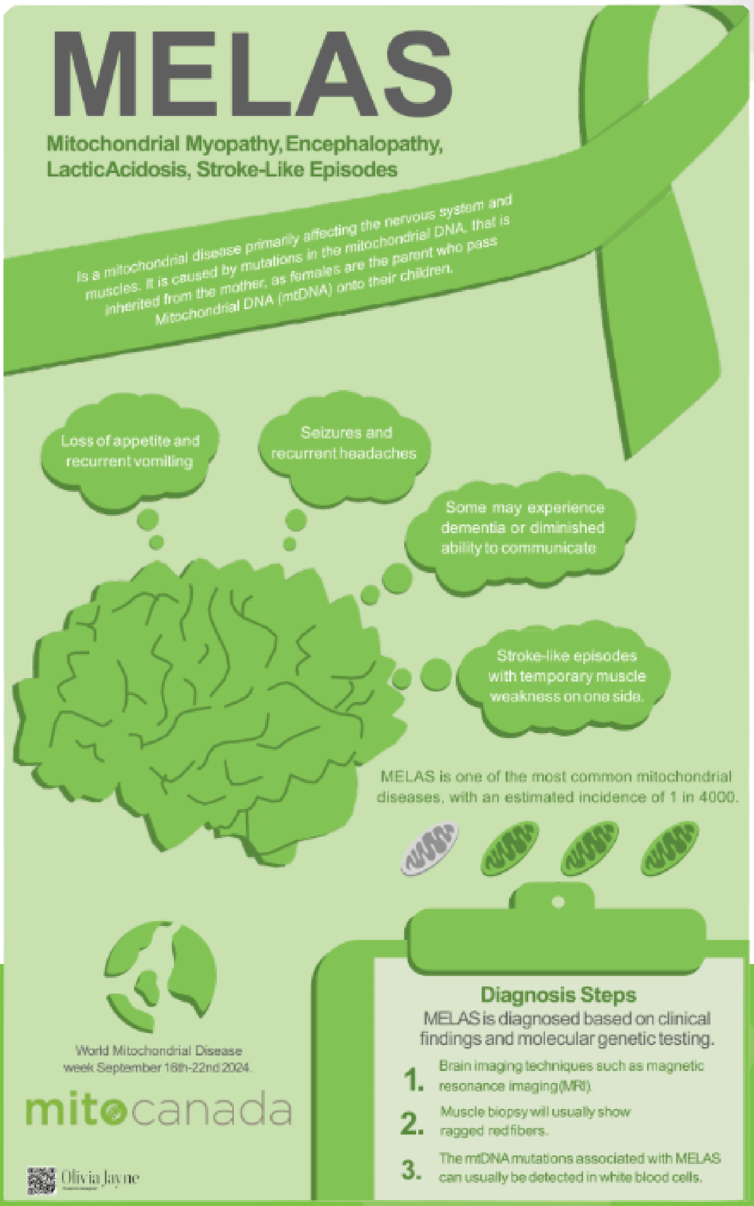
Genetic Counselling - MitoCanada.org

Emergency Plans and Surgical Care

Emergency Plans and Surgical Care - MitoCanada.org

Infographics

Designed to be visually engaging and easy to understand, infographics distill complex information into clear, well-organized visuals that are both precise and impactful.



MELAS

Mitochondrial Myopathy, Encephalopathy, LacticAcidosis, Stroke-Like Episodes

Is a mitochondrial disease primarily affecting the nervous system and muscles. It is caused by mutations in the mitochondrial DNA, that is inherited from the mother, as females are the parent who pass Mitochondrial DNA (mtDNA) onto their children.

Loss of appetite and recurrent vomiting

Seizures and recurrent headaches

Some may experience dementia or diminished ability to communicate

Stroke-like episodes with temporary muscle weakness on one side.

MELAS is one of the most common mitochondrial diseases, with an estimated incidence of 1 in 4000.

World Mitochondrial Disease week September 16th-22nd 2024.

mitocanada

Olivia Jayne

Diagnosis Steps

MELAS is diagnosed based on clinical findings and molecular genetic testing.

1. Brain imaging techniques such as magnetic resonance imaging(MRI).
2. Muscle biopsy will usually show ragged red fibers.
3. The mtDNA mutations associated with MELAS can usually be detected in white blood cells.

Our MELAS infographic explains what MELAS syndrome– the most common mitochondrial disease– is. It also highlights symptoms and steps in diagnosis. This is an excellent educational tool to share with employers, schools, and healthcare clinics. Created by Olivia Jayne, a graphic designer with a family member diagnosed with MELAS.

Awareness

Awareness of mitochondrial disease remains limited, yet the first step toward a world where all lives are powered by healthy mitochondria is to spread understanding of this condition.

Equally vital is supporting those affected. Central to both awareness and support is listening to and amplifying the voices of Canadians living with the disease. Sharing their firsthand experiences is a cornerstone of MitoCanada's mission.

MitoCanada is committed to raising awareness and fostering connections across diverse groups, including the public, healthcare providers, policymakers, corporations and employers. This is achieved through a variety of initiatives, such as hosting fundraisers and educational events, engaging in professional conferences, and sharing information about mitochondrial disease via social media, eNewsletters and media campaigns.

Faces of Mito

Sharing the lived experiences of Canadians in the MitoCommunity is a powerful and inspiring way to educate the public. Our Faces of Mito stories highlight the personal journeys of community members who courageously share their experiences with mitochondrial disease.

These compelling stories are featured on our website and are regularly shared through social media, newsletters, and community events, helping to foster understanding and connection.

Read Full Story

Charlie Leitis

“He earned his angel wings on April 10, 2023. The beloved little boy passed away in the arms of his mom, dad, and sister, two months short of turning two”

“We want to continue Charlie’s life by sharing his story,” says Ivars, “and we hope that sharing his story makes a difference in the life of another child. Our hope is that through his story and better awareness, health care specialists will see the signs and symptoms sooner.”

Read Full Story

Megan and Rich MacDonald

On Sunday, May 28th, 2023 Megan and Rich ran a race with thousands of others at the Calgary Marathon but their experience was especially unique- they were handcuffed. As they ran the 42.2 km event in 3:18:38 they celebrated their 20th anniversary, brought awareness to mitochondrial health and disease, raised over $10,000 for MitoCanada, and smashed another Guinness World Record - their 6th!

Faces of Mito

Read Full Story

Evan Penny

“Life with mito has been tough for Evan. Not being able to communicate has been a massive challenge and source of frustration. He’s dealt with chronic pain and many surgeries over the years. Evan’s muscles are always turned on and he suffers from chronic seizures, so he’s on a lot of medications, which have a lot of side effects.”

“Evan is 19 years old now. He loves music, getting outside for walks, and watching shows and movies on his iPad. He’s a huge fan of Frozen! And he still has that glint in his eye and his sense of humour. . Seeing Evan smile brings us so much joy.”

Read Full Story

Angela and Genevieve Tomasone:

“Genevieve was the sweetest newborn baby, with a full head of hair and long eyelashes. Her eyes at birth and onward were always wide open, always so intrigued by the world around her. She quickly grew and changed, and her big expressive eyes would make for the best faces. ”

“On March 8th, 2023 at 11:44 am, we held our daughter in our arms as she took her last breath. It was a bright and sunny day, which was also International Women’s Day. Each of her paediatricians, specialists, ICU doctor, and nurses were women. Our brave girl lives up to her name “of the race of women” and is now our “guardian goddess.”

Community Corner

Introducing our Community Corner, a new feature in our quarterly eNewsletter. This dedicated space showcases articles written by members of the MitoCommunity, sharing their lived-experience, management tips, opinions, personal insights, and stories of resilience and inspiration.

John Fisher

> I would suggest there is comfort in knowing there is a group like MitoCanada advocating for those who may not be able to do so on their own. Life is good, and being diagnosed with a mitochondrial disorder does not mean you can't live a very productive, successful and happy life.

Hazel Currie

> I have MNGIE, but I refuse to be defined by it. I'm still me". "Quite simply, if I can hike to the top of a mountain, then MNGIE can come along with me and we'll overcome any limits it wants to place on me. And yes, "I am so very brave.

Community Corner

Keith Meldrum

"Living with a mitochondrial disorder is physically and emotionally demanding. This is why it is important that healthcare systems embrace a person-centred model of care – treating the person, not their disease. As patients, there are things we can do to help us live better, but working collaboratively with our healthcare providers leads to a synergistic outcome; the sum is greater than the individual elements."

Alyson Maxwell

"Patients with "Mito" need to understand how to conserve energy and what can affect the energy in their body. It's learning to become in tune with the signs and signals the body gives and not ignore them. Pushing past your personal threshold can have potential consequences. Pacing and thinking about the most effective way to complete a task/activity and adapting the task to conserve energy is beneficial. Learning to ask for help if needed is an important tool."

Support

MitoCanada warmly welcomes all Canadians impacted by mitochondrial disease - whether they are newly diagnosed, long-term patients, caregivers or community members seeking to make a difference.

MitoScholars

Each year, MitoCanada provides scholarships to Canadian students living with or affected by mitochondrial disease. Whether facing the challenges of mito firsthand or supporting sibling or a parent with the condition, these individuals exemplify the resilience and strength that define the MitoCommunity.

These scholarships help alleviate financial barriers, enabling students to pursue their post-secondary education, and achieve their dreams. MitoCanada is proud to support its mitoScholars by fueling their future.

Alessia Commisso

"I am excited to begin my college journey and thank you deeply for making it a reality. With the scholarship, I can pay for my transportation to school, my required support workers, books, and other academic requirements, none of which would be possible without your generosity."

Read Full Story

Miriam Chatterton-Taylor

"My perseverance, hard work, passion, and my family have allowed me to live life to the fullest despite this condition holding me back."

Read Full Story

Kerrianne Kozack

After struggling with unexplained symptoms for years, Kerrianne was finally diagnosed with Leber hereditary optic neuropathy (LHON), a rare mitochondrial disorder. "As my academics are immensely important to me, this often means missing out on peer and social activities to prioritize my health and education.

Read Full Story

MitoScholars

Ainsley Eerkes (+)

I'm hoping with this scholarship to be able to continue pursuing a greater understanding of human bodies and how they work so that I can help people like my mom or people with other disabilities thrive in their lives.

Read Full Story

Jessalyn Paradowski (+)

My amazing stepmother, Marsha, who has McArdle's disease, has shown me what it means to live life optimistically, despite limitations. Seeing this has helped shape my perspective on life and fueled my determination to work hard towards one day being able to treat and improve the lives of those living with limitations.

Read Full Story

Ryleigh Hill (+)

Growing up with two sisters with mito has taught me the incredible value of being kind, patient, and accommodating to the people around me. I chose teaching because I never wanted anyone to feel so defeated as my sisters did whenever someone told them they couldn't do something.

Read Full Story

MitoRide

In partnership with CP Kids and Families in Calgary, we provide adapted bikes and trikes free of charge to children and youth living with mitochondrial disease in areas south of Red Deer, AB.

mitoRide

Adapted Bike Support Program

This program builds on CP Kids and Families' 20-year legacy of increasing accessibility to adapted bikes and trikes.

Together, we aim to bring the joy of riding to children and youth with mitochondrial disease while helping them build strength and endurance to better manage their condition.

Adapted bikes and trikes can range in cost from $500 to $5,000, depending on the required modifications and physical needs of the rider. For many families, these high costs make them unattainable.

By working together, CP Kids and Families and MitoCanada are making these bikes and trikes accessible to ensure every child and youth can experience the freedom and benefits of cycling.

MitoAmbassadors

A new program to MitoCanada, our mitoAmbassadors are passionate volunteers and advocates who play a crucial role in bringing MitoCanada's vision to life. As community connectors, they embody the spirit of mitoLeadership, raising awareness about mitochondrial disease and fostering relationships to expand MitoCanada's reach and impact.

Through active participation in fundraising efforts, events, and local initiatives, mitoAmbassadors collaborate closely with MitoCanada staff to support and enhance community activities, ensuring our mission thrives at a grassroots level.

Meet our MitoAmbassadors

Keith Meldrum

"My vision for MitoCanada is to increase public awareness and understanding of mitochondrial disease, further collaboration with all levels of government, advance research for diagnosis and treatment, and expand resources and support for those living with mitochondrial disease."

Hazel Currie

"My vision is finding other MNGIE patients in Canada and around the world, so those with rare diseases know they are not alone."

Louise Gibson

"My vision for MitoCanada is that we would be able to get an early diagnosis so treatment can begin right away, to continue with mitochondrial transplantation research and testing and eventually find a cure."

Alyson Maxwell

"My vision for MitoCanada is that we would be able to get an early diagnosis so treatment can begin right away, to continue with mitochondrial transplantation research and testing and eventually find a cure."

Research

MitoCanada is committed to driving research that leads to better understanding, diagnosis and mitochondrial disease treatments. By collaborating with researchers, healthcare professionals, and industry partners, we aim to aid in accelerating the development of innovative therapies and improve the quality of life for Canadians impacted by mito.

Through initiatives like our Community Insights Reports, Community Research Studies, our Patient Contact Registry and partnerships with health organization and academic, we strive to bridge the gap between scientific discovery and real-world impact, fostering hope for a healthier future.

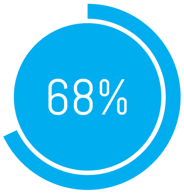
Community Research Studies

Launched in late 2023, MitoCanada launched a new community-driven research initiative. This collaborative approach actively involves Canadian MitoCommunity members, ensuring their voices and insights play a central role in shaping research priorities and outcomes.

By emphasizing stakeholder engagement, community research strengthens connections and fosters meaningful contributions to the understanding and management of mitochondrial disease. MitoCanada remains committed to maintaining and expanding its established community research initiatives, reinforcing its dedication to impactful, patient-centered research.

Recently, MitoCanada conducted a community consultation mitochondrial transplantation via a survey disseminated through social media, eNewsletters, and its website, which received feedback from 126 participants.

- 68% of respondents were introduced to the concept of mitochondrial transplantation through this initiative.



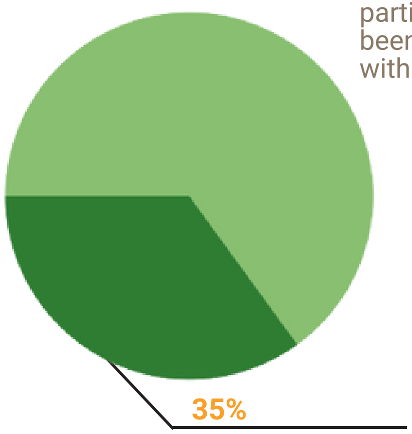
- The majority of participants found the topic both interesting and promising, with 96% eager to learn more about mitochondrial transplantation and 90% expressing interest in potential clinical trial opportunities.
- This proactive engagement highlights a strong interest and a positive outlook toward mitochondrial transplantation, with 80% of respondents indicating they would discuss this treatment option with their healthcare providers specialising in mitochondrial diseases.

Patient Contact Registry

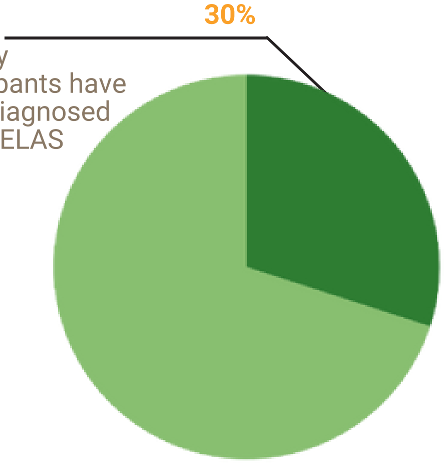
Established in 2022, MitoCanada's Contact Registry is a secure, patient-populated database designed to empower Canadians impacted by mitochondrial disease to share their experiences and health insights.By participating, individuals contribute to a shared body of knowledge that drives advancements in research, enhances educational and support initiatives, and bolsters awareness efforts.

Participants benefit from access to information about clinical trials, help improve understanding of mitochondrial disease prevalence and lived experiences, and play a vital role in shaping MitoCanada's ability to better meet the needs of the MitoCommunity. Together, we are building a stronger foundation for education, awareness and hope.

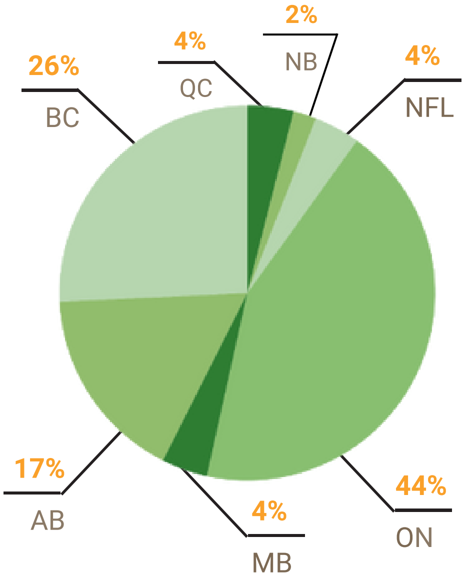
Here are the Patient Contact Registry Fast Facts:



Registry participants received their mitochondrial disease diagnosis by genetic testing.



registry participants have been diagnosed with MELAS



Eligible patients and caregivers, please sign up at: ***mitocanada.org/patient-contact-registry***.

Our Reach

24,526307

Media Impressions

31,796

Page views of mitocanada.ca

13

Partner organizations

Social Media

999,000

Total

280,000	**380,700**
Facebook	Instagram

Total number of followers on social media

As of March 31st

3,733	**1,630**
Facebook	Instagram
1,670	**924**
Twitter	LinkedIn

MitoCanada Signature Events

MitoSpin and Walk N' Roll 4 Mito are MitoCanada's flagship fundraising events, bringing together communities across Canada to raise vital funds and awareness for mitochondrial disease.

These events are more than just activities - they are powerful opportunities to unite supporters, individuals, families and caregivers living with mitochondrial disease to advance MitoCanada's mission.

The funds raised through these events play a crucial role in supporting research, education, awareness and community programs, empowering those impacted by mitochondrial disease and driving progress towards a healthier future.

Together, we're fueling hope and making a lasting impact.

WALK N' ROLL 4 mito

Throughout September, and during World Mitochondrial Disease Week (September 18 – 24, 2023), Canadians nationwide used their energy to participate in Walk N' Roll 4 Mito. Teams from various regions walked, biked or just moved with a common vision, to ensure all lives are powered by healthy mitochondria!

- Get moving for mito
- Raised more than $50, 000 (in total)

We held the 8th annual Walk N' Roll at Lake Aquitaine Park in Mississauga, spearheaded by our amazing MitoAmbassador Louise Gordon and her sensational team of volunteers. This year, the Tomasone and Leitis families, their friends and communities joined us to walk in memory of their babies Genevieve and Charlie.

We had more than 150 people join us on a beautiful sunny day.

Bonnie Procyshyn organized a Walk N' Roll event in Winnipeg again this year, bringing family and friends together to raise funds and awareness for mito. Bonnie's son Aiden has been diagnosed with Leigh'sSyndrome, a debilitating mitochondrial disease. Bonnie and her family and friends are long-time dedicated and passionate supporters of MitoCanada!

Thank you to all participants, donors, sponsors and volunteers who made Walk N' Roll an unprecedented success!

mitospin 2024

Energizing Lives!

On Saturday, February 3, 2024, the MitoCommunity brought their energy and passion to help us raise $97,428 to help us develop life-changing programs for Canadians living with mitochondrial disease. We had riders coast to coast in Calgary and virtually, including Hazel Currie and her Mighty MNGIE Spinners joining virtually from Victoria. We also had an amazing team join in on our Zwift race on Friday, February 2, 2024.

MitoSpin continues to unite Canadians from across our big, beautiful country to help create a world where all lives are powered by healthy mitochondria. Thank you for your passion and your support, together we are fueling change.

CHARITY OF CHOICE EVENT PARTNERS

MitoCanada's Charity of Choice partners are valued collaborators who share our vision of creating a world where all lives are powered by healthy mitochondria. Through their generous support, these partners are committed to driving donations to fuel MitoCanada's essential programs in research, education, awareness and support.

Their commitment not only helps us drive progress but also fosters awareness and inspires others to help fuel a stronger, more connected community and create brighter futures for all Canadians affected.

Megan and Rich MacDonald's Guinness World Record

Competing in the 2023 Servus Calgary Marathon, Megan and Rich MacDonald won their 6th Guinness World Record by breaking the record for the fastest mixed couple to run a marathon while handcuffed together! They smashed the record by 25 minutes and exceeded their fundraising goal, raising over $10,000 to support MitoCanada. MitoCommunity recognizes this couple as amazing people – on so many levels.

They have supported MitoCanada tirelessly throughout the years as volunteers and advocates. They are passionate about meeting their personal goals and helping MitoCanada realize its vision of creating a world where all lives are energized by healthy mitochondria.

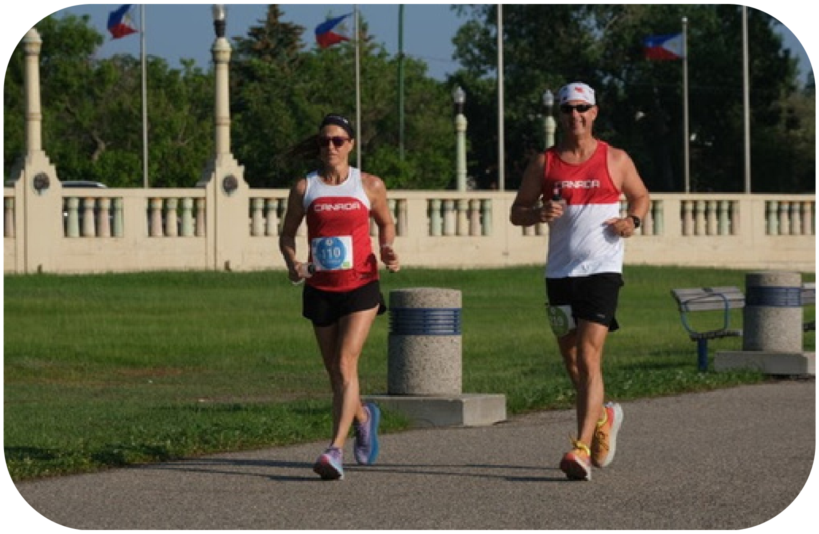
CHARITY OF CHOICE PARTNERS

5 PEAKS

BE THERE RACES

CHARITY OF CHOICE PARTNERS

The 24 Hour Goose



TRANSROCKIES™
RACE SERIES

mito
Power
8

THIRD PARTY FUNDRAISERS

MitoCanada's third-party fundraisers are passionate individuals and groups who take the initiative to organize events and activities in support of our mission. From charity runs to pub nights and everything in between, these creative efforts bring the community together to raise awareness and funds for mitochondrial disease.

Their dedication and ingenuity make a significant impact, empowering MitoCanada to expand research, enhance education and awareness, and strengthen community programs. These fundraisers are true champions of change, helping us fuel hope and make a difference in the lives of Canadians affected by mito.

FRANKIE G'S
EST. 2014
PUB NITE FUNDRAISER

CBTU
CANADA'S BUILDING TRADES UNIONS
Value on Display. Every Day.


Golf Tournament

Mission Ohana

Hazel's Light Up Walk

Thanks to our:

Facebook Fundraisers

Partnership with Birdies for Kids

We were chosen again in 2023 as one of the charities to take part in the Shaw Birdies for Kids (BFK) presented by AltaLink program, associated with the Shaw Charity Classic in Calgary.

More than **$13,700** was raised through this year's BFK matching program!

2023 World Mitochondrial Disease Week

On September 23rd, 2023, landmarks around the world lit up in bright green to celebrate World Mitochondrial Disease Week (WMDW) and raise awareness.

Thank you to our MitoCommunity around Canada who helped us reach our goal of lighting up more than 60 sites in green!

- **Light up for Mito**
- **Oak Bay, BC Proclamation**
- **Not Just Another Dance Studio staff, dancers, and parents showed up in green to help raise awareness of mito**
- **Giveaway for What monument in your community would you like to see light up green this year?**

2023 World Mitochondrial Disease Week

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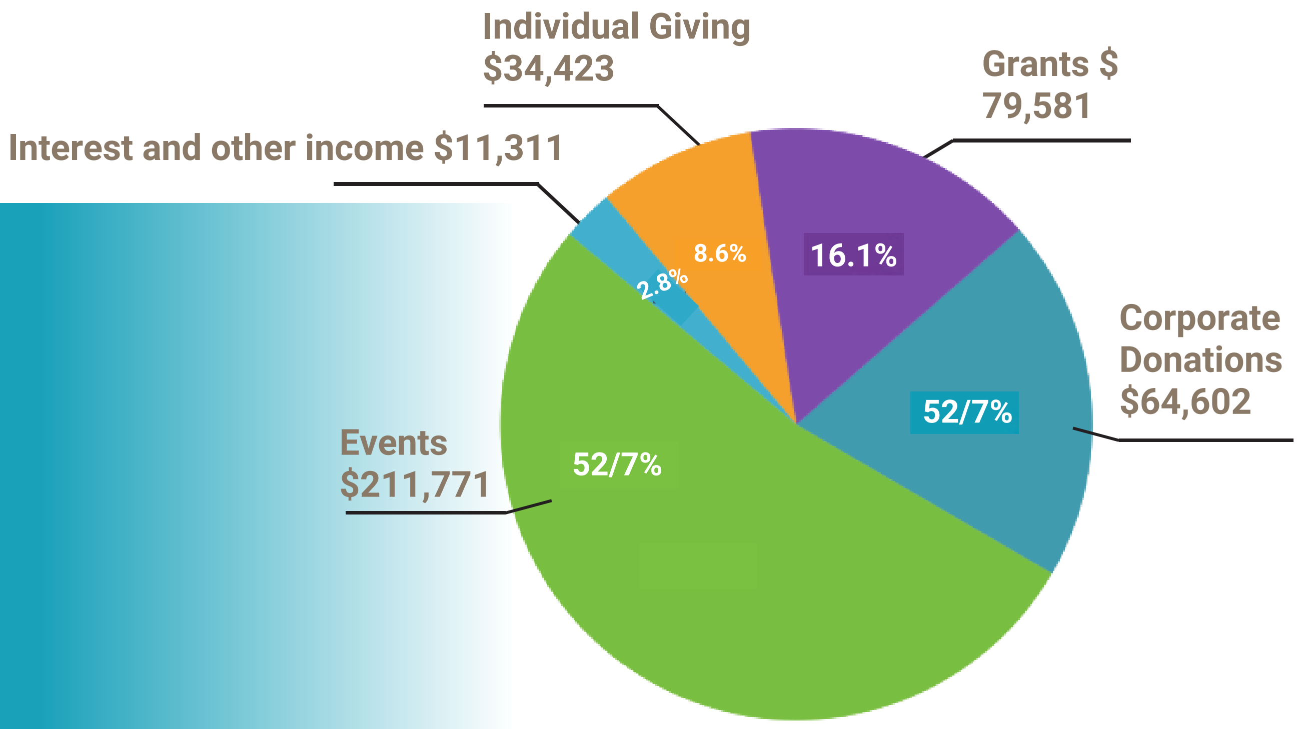
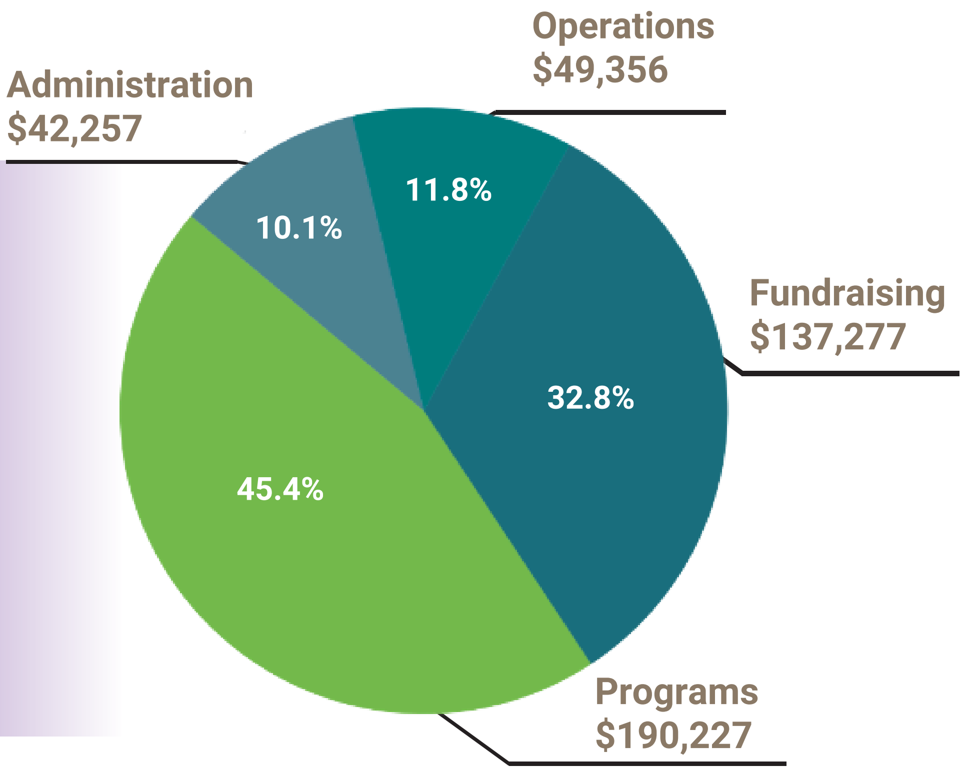
Financials

Revenue



Expenditures



Signature Event Fundraisers

Raised $1,000+

mitospin 2024
Energizing Lives!

Individuals	Teams
Hazel Currie (Victoria, BC)	Mighty MNGIE Spinners (Victoria, BC)
Sean Messing (Calgary, AB)	Novari Health (Burlington, ON)
David Mosher (Burlington, ON)	Riding for Aiden (Winnipeg, MB)
Blaine Penny (Calgary, AB)	Rocking with Mito (Calgary, AB)
Bonnie Procyshyn (Winnipeg, MB)	
John Savoie (Calgary, AB)	

WALK N' ROLL4 mito

Individuals	Teams
Simona Acchione (Mississauga, ON)	Charlie’s Angels (Hamilton, ON)
Louise Gibson (Mississauga, ON)	Genevieve’s Journey – Moving for Mito (Mississauga, ON)
Kate Murray (Oakville, ON)	MitoPower – Louise Gibson (Mississauga, ON)
Amanda & Matt Ruffolo (Mississauga, ON)	Winnipeg Walks N’ Rolls for MITO! (Winnipeg, MB)
Angela & Michael Tomasone (Mississauga, ON)	

Our Supporters

From the entire team at MitoCanada, we would like to acknowledge and express our sincere appreciation to all our 2023/24 supporters. Your commitment to our cause is deeply valued and essential. Because of your support, we can continue providing impactful assistance to many Canadians with mito who depend on our programs and services. We couldn't fulfill our mission without the generous support of supporters like you; thank you!

Corporate and Foundation Supporters ($1,000+):

CIBC

Shaw) Birdies for Kids

RBC Foundation

ultragenyx

Foundation

CIBC

CIBC PRIVATE WEALTH
MESSING ROSS ADVISORY GROUP

Government Supporters ($1,000+):

Canada
Government of Canada

Our Team

Each team member at MitoCanada is incredibly valuable. From our committed staff to our hardworking volunteers, from our inspiring ambassadors to our diligent board of directors, we all play an indispensable role in our collective journey towards a world where all lives are powered by healthy mitochondria.

MitoCanda's success is driven by the unwavering dedication of our staff, volunteers and board of directors. Their passion, commitment and hard work are the heartbeat of the organization, enabling us to expand our reach, amplify our impact and support the MitoCommunity in meaningful ways. We thank them for their invaluable contributions to our shared vision of a world powered by healthy mitochondria.

Kate Murray
CEO and President

Nella Perri
Finance Manager

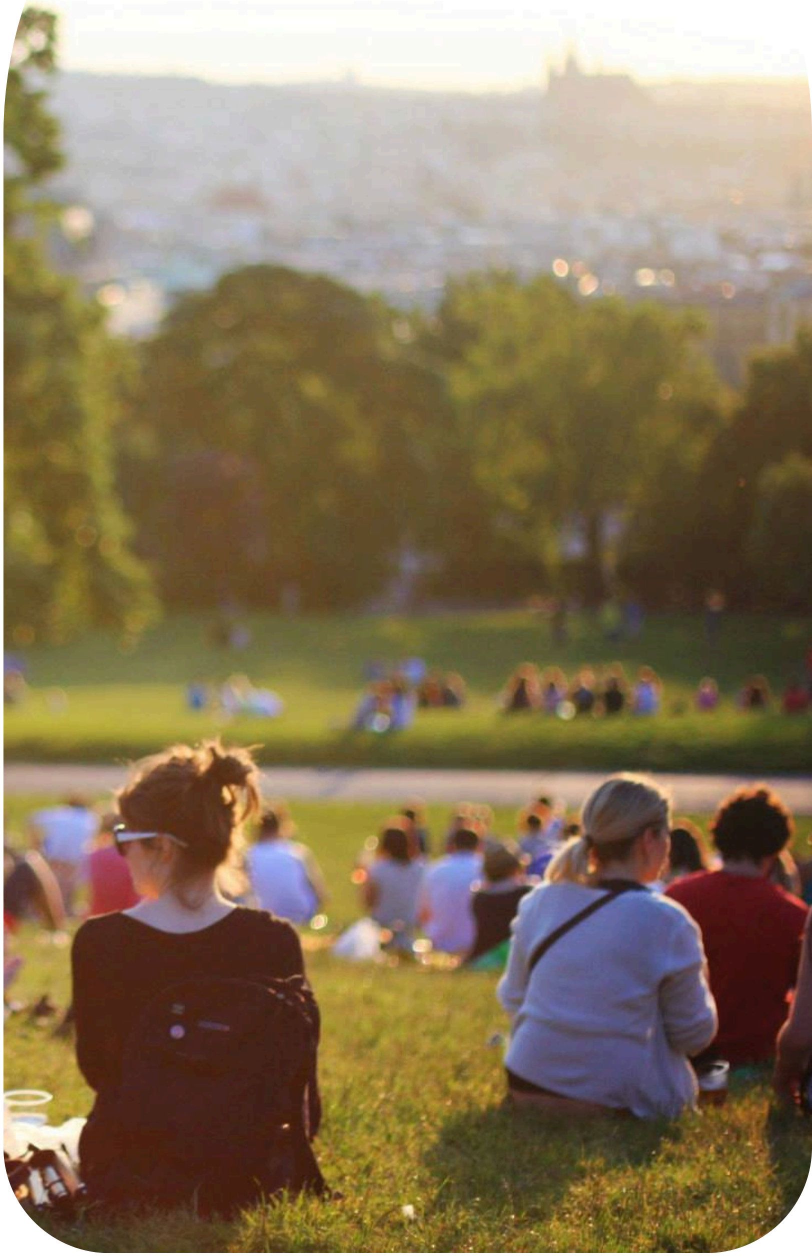
Tania Amardeil
Social Media Coordinator

Janice Eales, MSc
Director of Development

Emily Ing
Events and Community Awareness Coordinator

Looking Forward

As we step into 2024-2025, I am filled with optimism and determination for what lies ahead. MitoCanada continues to grow as a beacon of hope, resilience, and innovation within the MitoCommunity. Together, we are advancing research, expanding education and support initiatives, and amplifying the voices of those impacted by mitochondrial disease.



In the coming years, we are committed to deepening our community connections, driving awareness, and fostering meaningful partnerships that will bring us closer to a world where all lives are powered by healthy mitochondria. Whether it's through groundbreaking programs, empowering patient voices, or uniting communities through fundraising events, MitoCanada's impact will only grow stronger with your continued support.

Thank you for being an integral part of this journey. Together, we are making a lasting difference—one step, one connection, and one breakthrough at a time. Here's to a brighter future for everyone affected by mitochondrial disease.

With gratitude and hope,

Kate Murray
CEO & President

Future Goals

Looking Ahead to 2024

As MitoCanada looks to the year ahead, we are focused on expanding our impact, deepening support for our community, and driving forward initiatives that will transform lives.

Grounded in our commitment to education, support, research, and awareness, our 2024 priorities aim to build stronger connections, increase access to resources, and grow national awareness of mitochondrial disease.

Here are a few examples of the initiatives we look to create or expand in 2024:

- Develop and soft launch a **Peer Support Program** called mitoConnect. This program will provide structured training to volunteer mentors and match them with community members seeking emotional and lived-experience guidance.
- We plan to add **new MitoGuides** and **infographics** to our growing library, offering trusted, accessible resources on complex symptoms, diagnostic pathways, and daily living with mito.
- Grow our **mitoScholars** program to award six new scholarships to young adults pursuing post-secondary education, supporting their ambitions and strengthening community leadership.
- We will continue to write and share new **Faces of Mito** stories—amplifying the lived experiences of our community to inspire empathy, awarness, and action.
- Begin building our French-Canadian Patient Registry to gather insights from French-speaking Canadians and connect them with clinical trial opportunities in Quebec.

Future Goals

Fundraising and Engagement

- Expand our signature events, MitoSpin and WalknRoll 4 Mito, by welcoming new sites to rally supporters, boost awareness, and generate critical funds for our mission.
- We look to expand our participation in matching programs, such as employer and corporate matching to maximize donor impact through powerful matching gift opportunities.
- Grow our community fundraising events, build a comprehensive fundraising toolkit that supports and guides fundraisers in their efforts to raise funds in support of MitoCanada and sharing our vision for the future.

Looking forward, 2024 will be a year of bold steps and renewed commitment.

Through collaboration, compassion, and community, we will continue to energize lives and create a world where all lives are powered by healthy mitochondria.