



MEN OF THE NORTH

Monthly Impact Report

1. Our story
2. Why many men do not ask for help
3. Our Goals
4. Attendance
5. Evaluations/Feedback
6. Social Media Results
7. Activities
8. Sponsorships
9. Funders

APRIL
2023

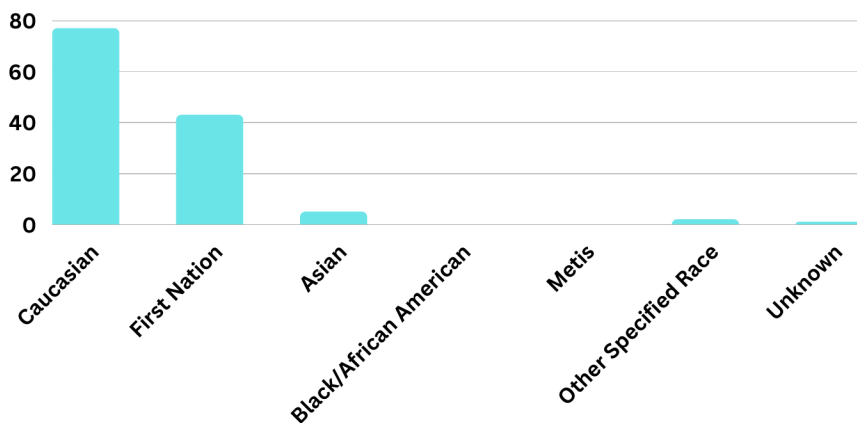


WHY IS IT HARD FOR MEN TO ASK FOR HELP?

128
MEN HAVE DIED BY
SUICIDE IN 2022



Male suicides by Race within Saskatchewan in the year 2022



In our society, there is a prevalent notion that men must embody strength and stability, and that seeking help is a sign of weakness. Consequently, men may conceal their anxieties and fears through aggressive and domineering behaviors, withdrawing to their personal space to recover from emotional distress. Alternatively, they may turn to substances like alcohol or drugs as a coping mechanism.

Furthermore, men are frequently subjected to derogatory comments that undermine their emotional well-being, such as "man up," "don't be a girl," "get over yourself," or "there's no point in complaining since nobody will listen." These remarks only serve to perpetuate the toxic and harmful culture of toxic masculinity.

Certain acquaintances may propose that individuals engage in heavy drinking or casual sexual encounters as a means to cope with their struggles, and assert that doing so will alleviate their distress. However, such actions fail to bring about the desired outcome and instead exacerbate their feelings of depression or anxiety.

As a result, they may feel trapped with no viable options for relief. This lack of comprehension may lead them to continuously engage in unproductive behaviors, resulting in a harmful cycle.

One of the greatest reasons why it is difficult for men to ask for help is they do not want to appear burdensome or needy to their family and/or friends.

Many men think that they are putting someone out when they ask for help.

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OUR STORY SO FAR

MISSION,
VISION,
VALUES,
PURPOSE

Our Mission

To provide opportunities that help and encourage men to seek lasting positive mental, physical, emotional and spiritual well-being. We wish to foster an environment that promotes health, recovery, and rehabilitation.

Our Vision

Realizing the full potential of men working together to leave a lasting positive legacy, healthier families and stronger communities.

Our Values

MOTN is an aspirational goal that will offer opportunities to our members in healing and self-development, holding these values to the utmost importance.

- **Integrity** - Increasing the integrity, trust, competence, and honesty within the individual.
- **Responsibilities** - Accepts the responsibility of emotions, thoughts and actions.
- **Quality** - Delivering high quality of services and programming.
- **Communication** - Can speak one's own truth even through tough situations.
- **Community** - Help with community engagements and/or Men of the North engagement initiatives.

Our Purpose

At the core of our program lies the concept of fostering a shared vision that is noble and worthwhile, one that requires the active participation of all members. By promoting self-awareness, self-compassion, and self-forgiveness, we aim to cultivate a greater sense of self-respect among men. This, in turn, will empower members to take responsibility for their lives and contribute to the betterment of their families and communities.

Our program encourages men to prioritize personal integrity, recognizing that doing so is essential for leading a fulfilling life. By embracing these values, members will be better equipped to navigate life's challenges and take on the responsibilities that come with being an active member of their community. Ultimately, our program seeks to create a positive impact that extends beyond the individual and benefits the wider world.

INCREASE
OF MALE
CAPACITY
LEVEL

23%

4 Main Goals

OUR GOALS FOR 2023

1

ENCOURAGE EMOTIONAL EXPRESSION:

Create a safe space where men feel comfortable expressing their emotions. This may involve teaching communication skills and emotional regulation techniques to help men process and manage their feelings in healthy ways.

2

FOSTER SOCIAL CONNECTIONS:

A program aimed at improving men's mental health with a focus on building a sense of community and social support among participants. This could involve group activities, team-building exercises, or other strategies to encourage social connections and combat feelings of loneliness.

3

PROMOTE PHYSICAL WELLNESS:

Physical health and mental health are closely linked. A program focused on men's mental health and wellness may incorporate physical activities like exercise, yoga, or outdoor adventures to help participants improve their physical health and overall well-being.

4

PROVIDE EDUCATION AND RESOURCES:

Education is a powerful tool for improving mental health outcomes. A men's mental health and holistic program may offer educational workshops or resources on topics like stress management, healthy relationships, substance abuse, or other issues that can impact men's mental health. Providing resources and tools to help men manage their mental health can be a crucial component of a holistic mental health program.

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OUR STRATEGY

2022 - 2023

This project entails: Research, Evaluations, Member & Leadership Recruitment, Networking, Training, & Raising Funds.

PROJECTS	DETAILS	OUTCOME
Community & Workplace Workshops	The practice of speaking your truth in a safe and comfortable environment.	<ul style="list-style-type: none">• 67 men accessing our program for the month of April.
Youth Mentoring	Taking young men out to offer community service and helping elders.	<ul style="list-style-type: none">• 2 young men helping with setup throughout the month• 5 youth helped with Sweat ceremony, gathering rocks, wood, and building the fire
Leadership Training	Building Leadership capacity and healthy role models.	<ul style="list-style-type: none">• 10 involved in more training with Dr. Goodwin.
Networking	Continue collaborating with partners throughout Saskatchewan.	<ul style="list-style-type: none">• Northpine Foundation partnership• Besnard Lake Correctional Center

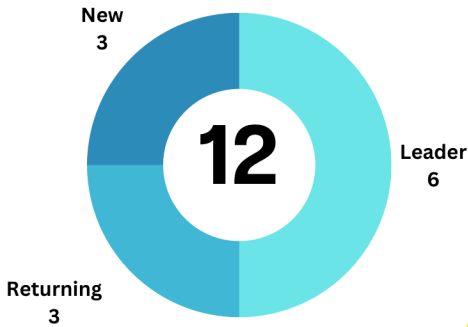
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67

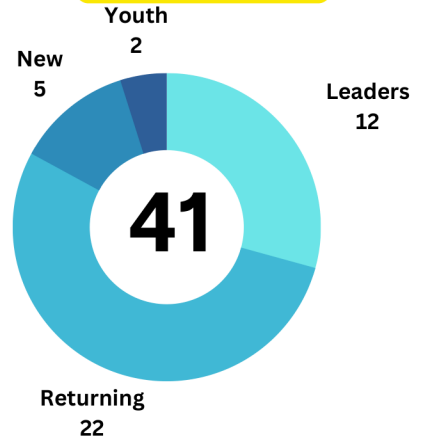
3 Locations:
TRI -COMMUNITY,
BESNARD LAKE CCS &
CL - OPERATIONS

ATTENDANCE RECORDS FOR APRIL

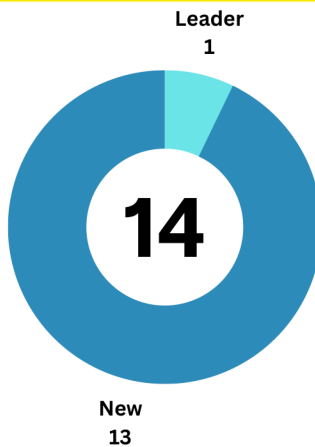
Cigar Lake Operations



Tri-Community



Besnard Lake Correctional



LEADER

19

RETURNING

25

NEW

21

YOUTH

2

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“Do not judge me
by my success,
judge me by how
many times I fell
down and got back
up again.”

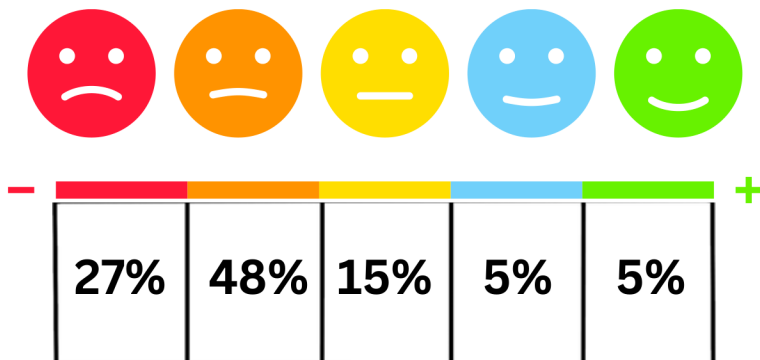
—NELSON MANDELA

EVALUATIONS FORMS RESULTS

Responses from our evaluations forms

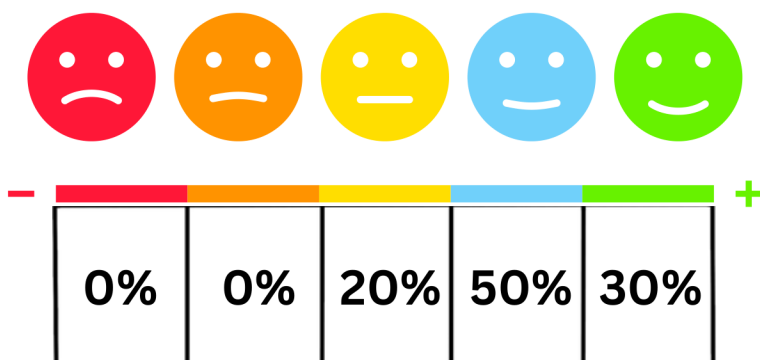
Before

Please rate how you felt BEFORE the workshop



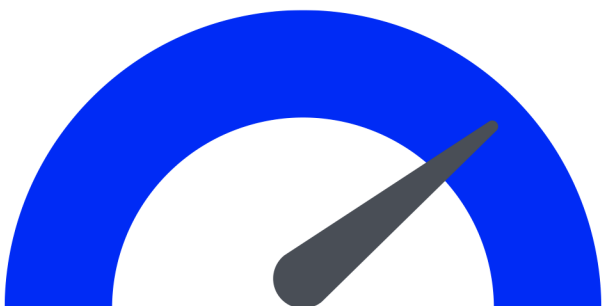
After

Please rate how you feel AFTER the workshop



Overall

What is your overall of the Mental Health Workshop?



76.3% RATED THEIR WORKSHOP VERY SUCCESSFUL!!!

HERE ARE SOME
RESPONSES WE
GOT BACK

FEEDBACK FROM PARTICIPANTS

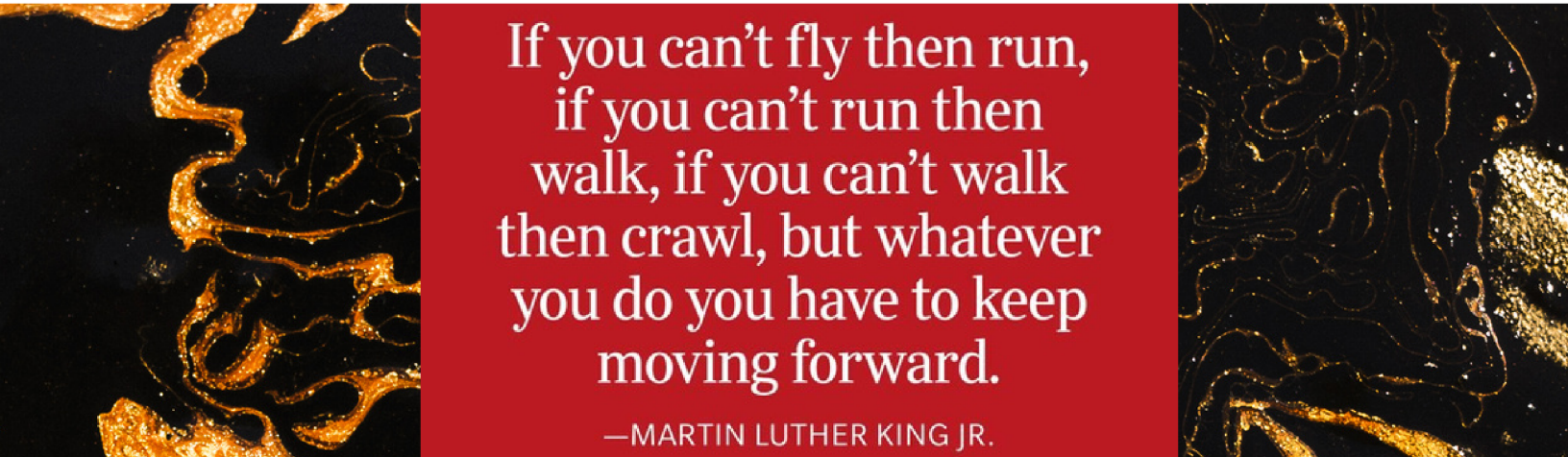
WHERE DO YOU SEE IMPROVEMENTS?

- "Program leaders identify areas for improvement and make necessary changes to improve program effectiveness."
- "A more comprehensive approach that integrates physical health, social support, and education could be more effective."
- "Hiring counselors and/or facilitators"

WHAT IS YOUR TAKE AWAY, WHAT DID YOU LIKE ABOUT TODAY'S WORKSHOP?

- "I found the meditation exercises to be particularly beneficial in helping me quiet my mind and stay present in the moment. I struggle with anxiety, and learning how to use mindfulness techniques to manage my thoughts was really helpful."

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If you can't fly then run,
if you can't run then
walk, if you can't walk
then crawl, but whatever
you do you have to keep
moving forward.

—MARTIN LUTHER KING JR.

Our social media reach in Northern Saskatchewan and across Canada

ANALYTICS RESULTS OF SOCIAL MEDIA

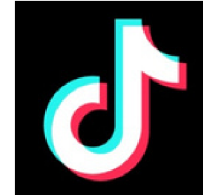
13



227



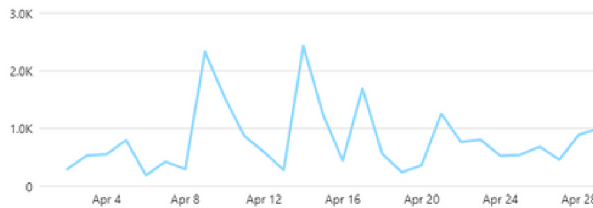
102



Reach

Facebook Page reach

10,921 ↓ 22.6%



Instagram reach

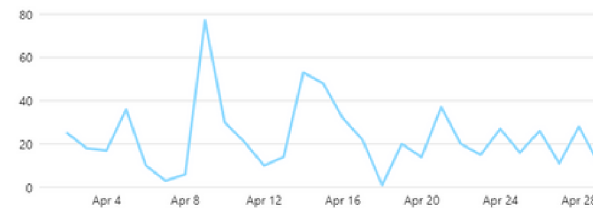
227 ↑ 10.7%



Page and profile visits

Facebook Page visits

648 ↓ 64.3%



Instagram profile visits

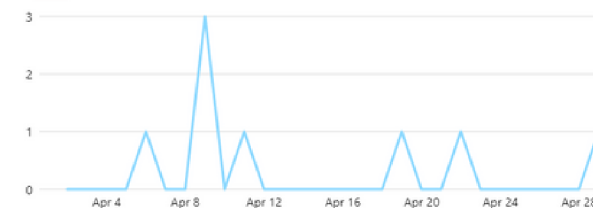
15 ↓ 25%



New likes and follows

Facebook Page new likes

8 ↓ 70.4%



New Instagram followers

6 0%



YOUTH ENGAGEMENT

5

High School
YOUTH
Engagement

YOUTH EMPOWERMENT

5 youth helped us with sweat lodge ceremony and setting up our weekly men's group



Activates
for the
month of
April

COMMUNITY ENGAGEMENT

Grocery shop for an elder, Drum group at the healing lodge, healing workshop within Correctional center





Men's Yoga

APRIL 16th, 2023

2:30 - 3:30

CCHS

(Churchill Community High School) Mini Gym

Contact:

Matthew Maurer

(306) 420-5334





ALL NATIONS

Men's Drum Group

SECOND PRACTICE

Registration:



03 HOURS

APR

22ND

2:30PM

Sponsored by:



SMSV school
mini Gym

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SPONSORSHIP PROGRAM

What has been generously sponsored through sources



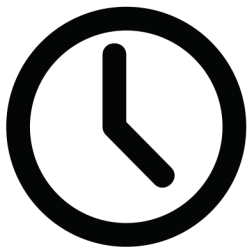
Cameco



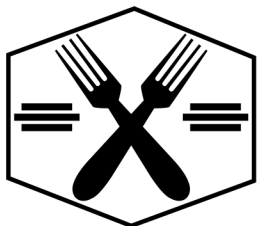
4 FLIGHTS



8 TAXI RIDES



6.5 HOURS



7 MEALS



1 NIGHTS

MAY 2023

Upcoming Events

5
MAY

11:00AM - 4:00 PM

MMIWG Community Smudge Walk ceremony
Community smudge walk

7
MAY

2:00 PM - 3:00 PM

Yoga for Men
The Practice of yoga for the male body

28
MAY

12:30 PM - 4:00 PM

CMHA & MOTN - Besnard Lake
Workshop at Besnard Lake Correctional Camp

**MORE
INFORMATION**

+639-470-3476
www.menofthenorth.net

Acknowledgments

Below, is a list down the names of those committed to these projects, such as:

Metis Nation of Saskatchewan, FNMCG, AMNSIS, Cameco Corporation, Government of Saskatchewan, Canadian Mental Health Association PA, Root of Hope, Elks Club.

Those responsible for leading, concept and coordination's.

Thank you, for support this month to help fit the needs of our program. We hope to build a sustainable roadmap will increase our capacity over the coming months.

Our community relation group:

Kostas fine Dining, Cravings Late Nights food, Dairy queen, Marker 47 Café, Lavish Pizza. Aces hardware, Lake Country Co-op

Christopher Merasty writer and designer behind the Impact Report

and thank you to all colleagues within the MOTN Partnered Organizations



Canadian Mental Health Association

WE THANK YOU FOR YOUR CONTINUED SUPPORT IN OUR EFFORTS TO CONTRIBUTE TO THE MOTN.

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