



MEN OF THE NORTH

# Monthly Impact Report

DECEMBER  
2022



# OUR STORY SO FAR

## 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

Men of the North Inc. program is a unique and distinct program, in that it offers men encouragement to heal, system of supports, guidance, and sharing of wisdom in all areas of the physical, mental, emotional and spiritual aspects of life.

Fundamental basis of our program is to have all members collaborate on a vision that is noble and worthy. Helping men to become self-aware, self-compassion, and become self-forgiving to further obtain their self-respect. So that they will become better communicators in helping to get their lives together and shouldering the responsibilities of the world, in a manner that is good for them, good for their families, and good for their communities.

Increase  
of male  
capacity  
level

8%

# OUR 2022 GOALS

## 1

### Safe space for individuals to share

MEN OF THE NORTH support group INC. is a safe space for men to create a uniquely authentic connection and conversations with other men.

## 2

### Organizational Development

Implementation of goals to best suit our organizational performance and/or culture.

## 3

### Membership Growth

Increase Members with a focus on what matters the most.

## 4

### Leadership Capacity

Establish a plan to build and maintain a successful leadership team

With these next steps that is meant to help our organizational development. A very important process that will help build the organizations capacity, help with change, and achieve a greater impact. By developing, improving, and reinforcing strategies, structures, and processes. That will help us to keep our mission and vision moving forward.

# OUR 2022 STRATEGY

This project entails research, surveys, leadership recruitment, training and raising of funds.



PROJECTS	DETAILS	OUTCOME
<b>Workshop</b>	The practice of speaking your truth in a safe and comfortable environment.	<ul style="list-style-type: none"> <li>• 36 men accessing our program in November</li> </ul>
<b>Youth Mentoring</b>	Taking young men out to offer community service and helping elders	<ul style="list-style-type: none"> <li>• 3 young men helping with setup at each workshop</li> <li>• 3 youth received 3 meals</li> <li>• 3 meals from our program</li> </ul>
<b>Christmas Hampers</b>	Helping with nutritional meal for Christmas in our communities	<ul style="list-style-type: none"> <li>• 175 Christmas hampers</li> <li>• 384 community members have been impacted by the Christmas event</li> </ul>
<b>Santa Photos</b>	Taking Family Photo's with Santa	<ul style="list-style-type: none"> <li>• 79 families, 2 RCMP officers, adopt a family and ECIP had photos with Santa</li> <li>• Grade 7 &amp; 8 help build the Santa Sleigh.</li> </ul>

# ANALYTICS RESULTS OF SOCIAL MEDIA

## Followers

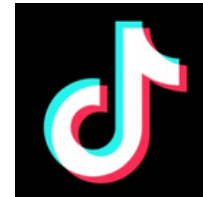
14



214



55



### Audience

Facebook Page likes

2,225

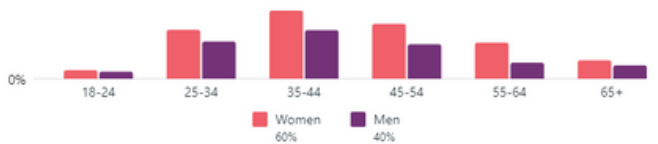
Followers

2,469



See audience report

### Age & gender

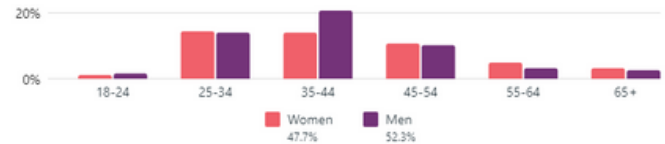


Instagram followers

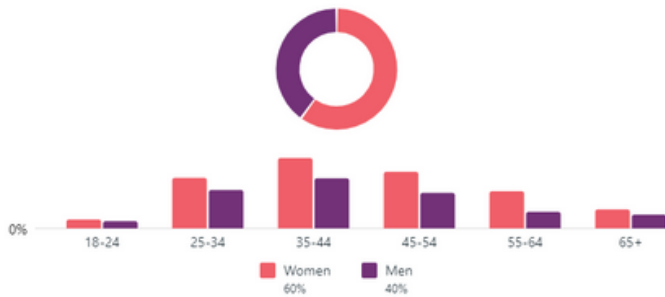
228



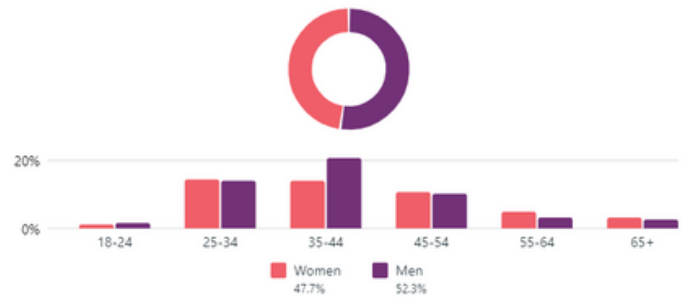
### Age & gender



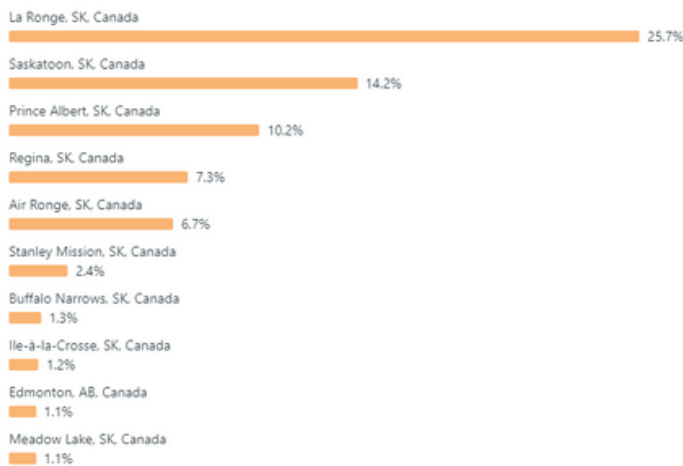
### Age & gender



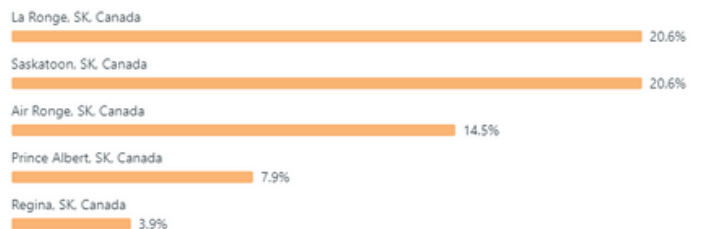
### Age & gender



### Top cities

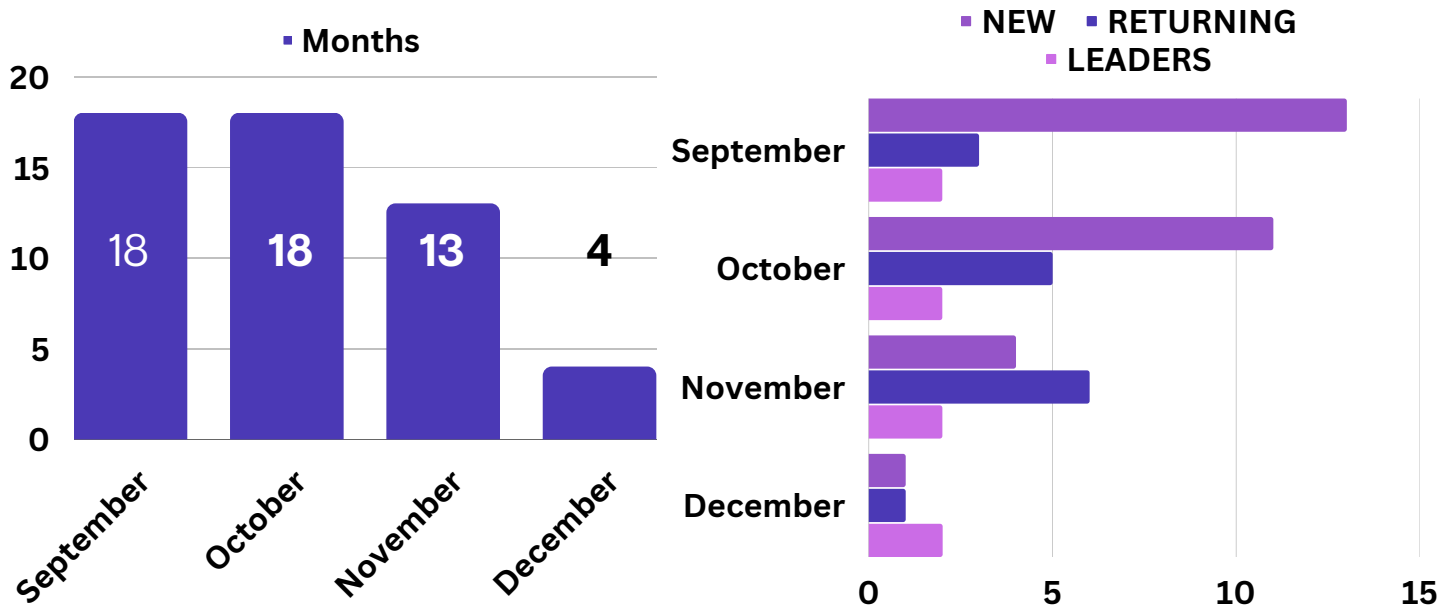


### Top cities

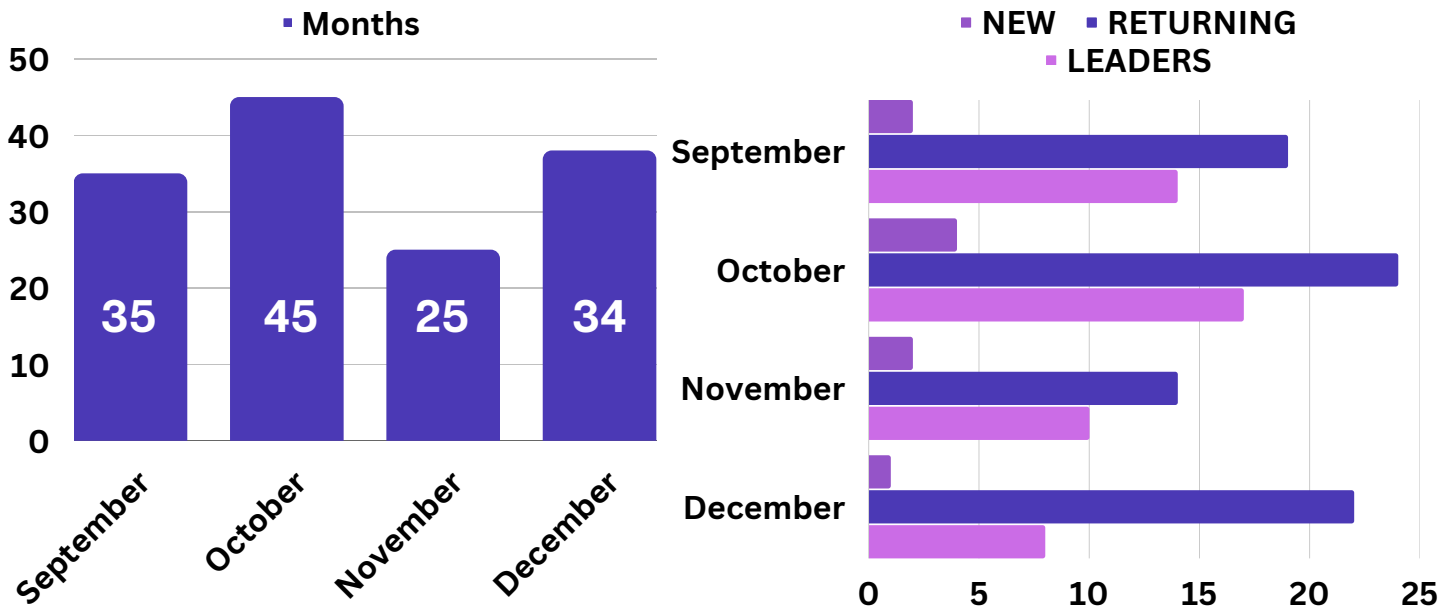


# ATTENDANCE WORKSHOP RECORDS

## Cigar Lake Operations



## Tri-Community

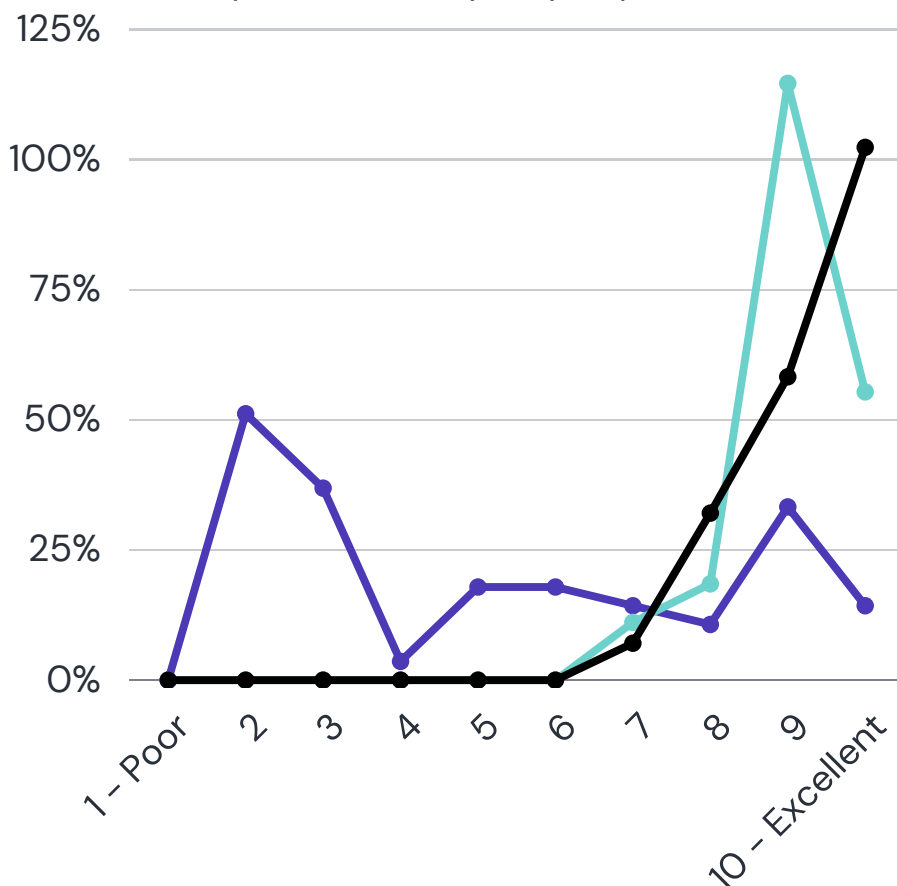


# EVALUATIONS FORMS RESULTS

## How are you feeling Before and After the program?

December 1st - 31st, 2022

Please take a few minutes to fill out this survey on the overall status of your mental health. We value your feedback, and your name and contact will be kept confidential. Thank you for your input.



**"A great man is hard on himself, a  
small man is hard on others"**

**-Confucius**

# NEGATIVE THOUGHTS OVER SOCIAL MEDIA

7

MEN THAT HAVE SHARED THEIR THOUGHTS OVER SOCIAL MEDIA



 H ██████████ n 1h · 👤 ⋮

Well been dealing with so much shit, stressed out, after I seen the chiro I got my hip popped back in place but tore tendons n so no sports for 2 years I was told, but feeling like crap, down in the dumps and not myself, life sure kicked me down hard this week, feeling rough n not in a good place

 B ██████████ t 1h · 👤 ⋮

I think it time for my farewell from this Earth 🌍 I'm tired n lonely since everyone I encounter doesn't want me around

Good Bye souls ❤️🙏💔

 ██████████ 2h · 🌐 ⋮ ✕

Sorry to anybody I hurt. I'm done in this life.

 ██████████ 2m · 👤 ⋮ ✕

I wish my mom knew how sorry I was for bringing the toxic traits I got from the city streets to the house. I was overwhelmed with fear, anger, depression and helpless trauma just know I love you all and did the best I could to handle it 💛


 F ██████████ e 4h · 👤

I'm gonna kills my self

 ██████████ i 15h · 🌐

I want to kill myself...

Life sucks 😭

<  ██████████ 3d · 🌐

Omfg R.I.P my cousin Derek just hung himself. 😭😭😭😭



0

In attendance for  
the Month of  
December

# PHYSICAL ACTIVITIES



Explore the trails of La Ronge  
...in the dark

## EVENING HIKING

Wednesdays & Thursdays

- ▶ 6:30PM START
- ▶ MORLEY WILSON PARK (QUARRY)
- ▶ HEADLAMPS & WHISTLES PROVIDED

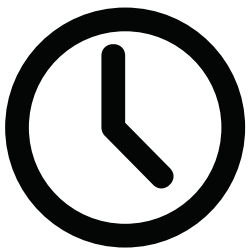
# SPONSORSHIP



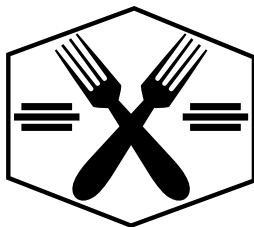
Cameco



**FLIGHTS WAS CANCELLED**



**8 HOURS**



**0 MEALS**



**0 NIGHTS**

**SOME  
FEEDBACK  
FROM OUR  
EVALUATIONS  
FORMS**

# **FEEDBACK**


**How the program is working for a lot of men  
Talks about attempted suicide and around half the men can resonate.  
No parents growing or the lack of supervision, with most men in tonight's group.**

**We had lots of PPL with lots to say tonight, so no problem being late.**

**Very productive meeting**

**I don't really see the need for improvements. It be nice to help more men, if only we can get more attendance**

**"To have become a deeper man is the privilege of those who have suffered." -Oscar Wilde**



175

Families received a Christmas Hamper during the community event

## COMMUNITY EVENTS AND COLLABORATIONS

larongenow.com

Partnership in tri-communities organizing Christmas hamper giveaway

<https://larongenow.com/2022/11/29/partnership-in-tri-communities-organizing-christmas-hamper-giveaway/>





79

**Families, 2 RCMP officers, adopt a family and ECIP have all gotten photos with Santa.**



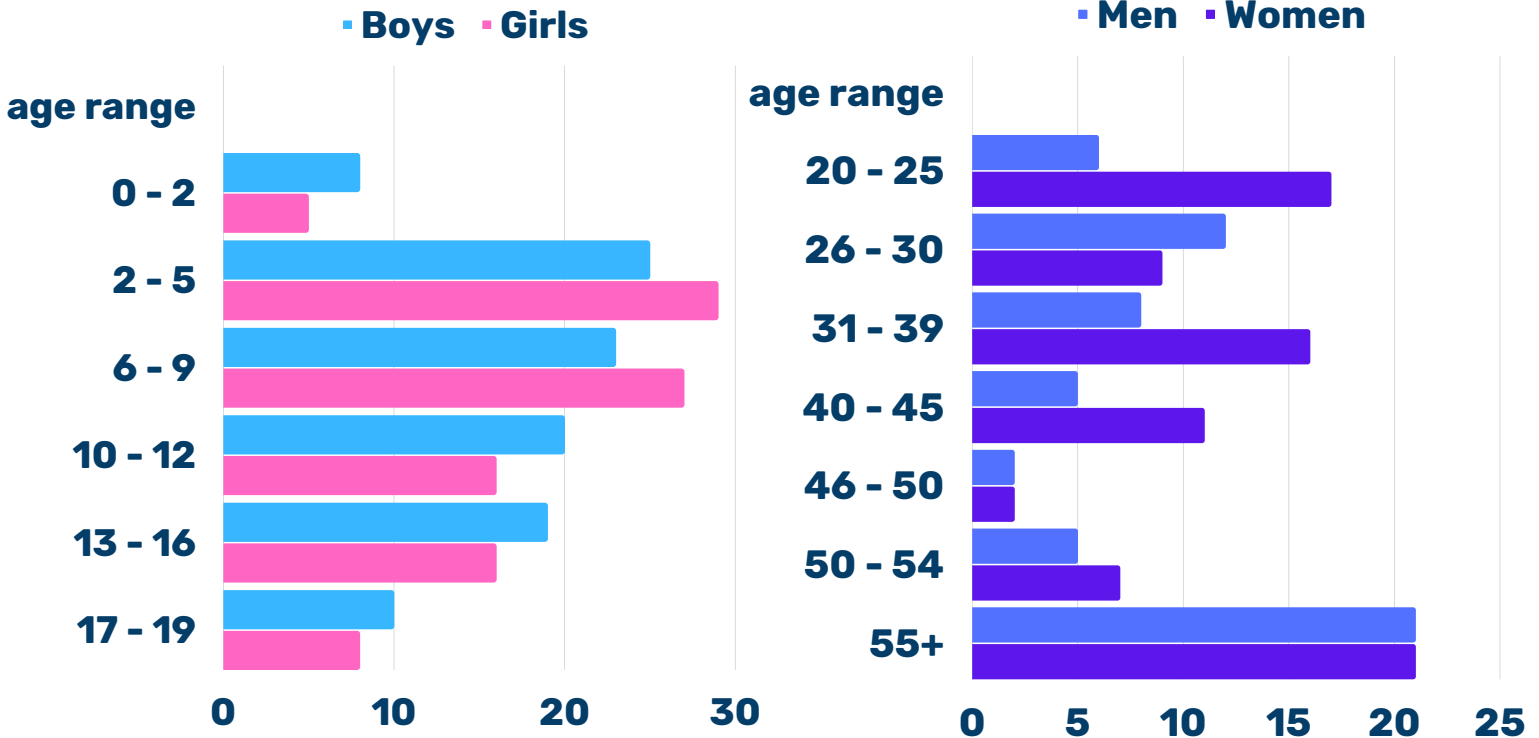
**Grade 7 & 8 help build the Santa Sleigh.**



## A LOOK AT OUR NUMBERS

384 Community Members from the Tri - Community had been impacted by our community initiative

# 384



**10.9%** Elders have received a Christmas Hamper

Breakfast Club of Canada is a big sponsor



# 175

## Christmas Hamper were boxed up and distributed over the weekend

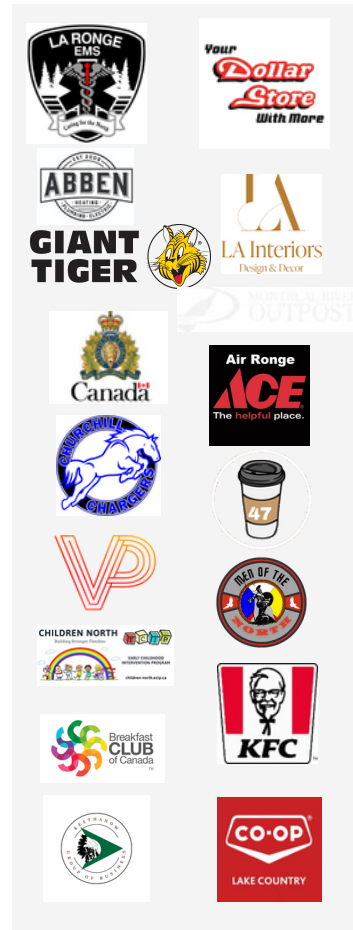
With the funding we have received; and partnerships we have collaborated with. 384 community members will be impacted by the community initiative we will doing on **December 17 & 18, 2022**. Christmas Hamper distribution and Santa Photo's, transportation will be provided for those without a vehicle. Hot Chocolate, Candy bags and toys for the kids. Trivia games, Musical chairs, Oven Mitts unwrapping races, and much more...

Volunteers helped with decorating, hamper packing, turkey and ham distribution, serving hot chocolate and cookies keeping public entertained. As well volunteers helped to deliver 61 food hampers within the Tri-Community.



# WHO ALL HELPED OUT

- Men of the North Inc.
- Adopt a Family/Elder for Christmas
- ECIP – Early Childhood intervention Program
- CCHS – Churchill Community High School
- Breakfast Club of Canada
- Dollar Store la Ronge
- Kostas's Fine Dining
- Lake Country Coop
- DH Nail Salon
- Penny's Hair Salon
- Giant Tiger La Ronge
- Montreal river Outpost
- Petroleum Fuel
- EMS La Ronge
- LA Interiors & Design
- Keethanow Lumber
- Ace Hardware Air Ronge
- North wind bus lines Ltd.
- Abben plumbing and heating



Thank you to all sponsors and donors of this wonderful initiative.



# MEASURES OF IMPACT

# 384

MORE THAN

# 55%

More than of Youths  
received a gift from Santa

MORE THAN

# 50%

Had transportation  
provided by LLRIB

This is our appreciation to the community for supporting  
our businesses and organizations us every step of the  
way.



## Thank you Tri - Community

# MERRY Christmas

Wishing you peace and joy!

WE THANK YOU FOR YOUR ONGOING  
SUPPORT OF OUR PROGRAMME



AMNSIS



Cameco



## Acknowledgements

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.

Those responsible for concept and coordination

Your community relation group

Christopher Merasty writers and designer behind the Impact Report

and thank you to all colleagues within the MOTN Partnered Organizations

Metis nation of Saskatchewan, FNMCG, AMNSIS, ISC, Cameco, Step up solutions



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