



MEN OF THE NORTH

Monthly Impact Report

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

**FEBRUARY
2023**



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

16%

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 are meant to help our organizational developmental process.

A very important process that will help build the organizations capacity, help with change, and achieve a greater impact. Constantly developing, improving, and reinforcing strategies, structures and implementation.

THAT WILL HELP US TO KEEP OUR MISSION AND VISION MOVING FORWARD.

OUR STRATEGY

2022 - 2023

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

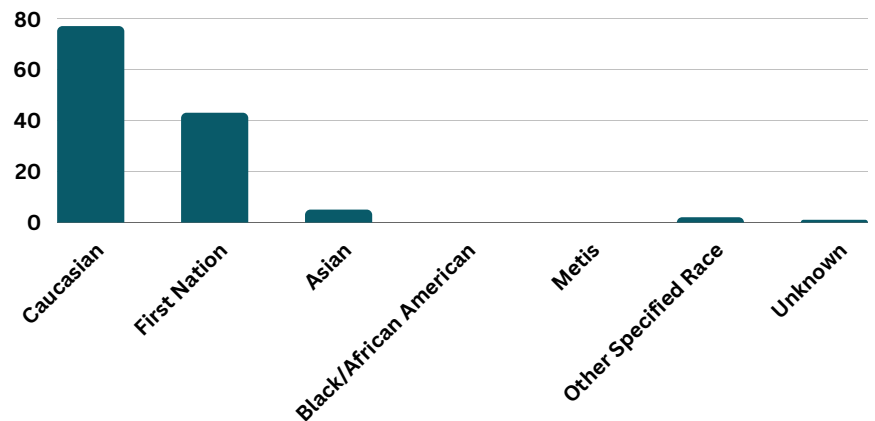
PROJECTS	DETAILS	OUTCOME
Workshops	The practice of speaking your truth in a safe and comfortable environment.	<ul style="list-style-type: none">• 50 men accessing our program for the month of February.
Youth Mentoring	Taking young men out to offer community service and helping elders.	<ul style="list-style-type: none">• 4 young men helping with setup throughout the month• 4 youth had received 3 healthy meals from our program
Leadership Training	Building Leadership capacity and healthy role models.	<ul style="list-style-type: none">• 10 Leaders have stepped up• 10 will be involved in more training.
Networking	Continue collaborating with partners throughout Saskatchewan.	<ul style="list-style-type: none">• RCMP, EMS and Fire department would like to partner for events• High Schools have reached out to us about a at risk male youth program.

MEN'S MENTAL HEALTH: 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



Our society often labels men as the strong ones, a rock, and that they shouldn't need to ask for help. Then men believe that if they do, they will be seen as weak.

They often hide their fear and anxiety behind aggressive, bombastic behaviour, many times retreating to their man cave to lick their wounds, only coming out when they feel it's blown over and forgotten. Or they seek solace in alcohol or drugs.

How often are they told:

- "man up"
- "Don't be a girl"
- "Get over yourself"
- "No sense of complaining, because no one is going to listen anyways"

Their male friends and mates suggest they go out and get drunk, or laid to get over whatever they are going through, and assures them that will make them feel better. But it doesn't. They sink further into depression or their anxiety increases. They feel they have nowhere to go. Often they don't understand what is going on, so they repeat their unhelpful behaviours, creating a vicious 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 friends and family. Many men think that they are putting someone out when they ask for help.

That is rarely the case.

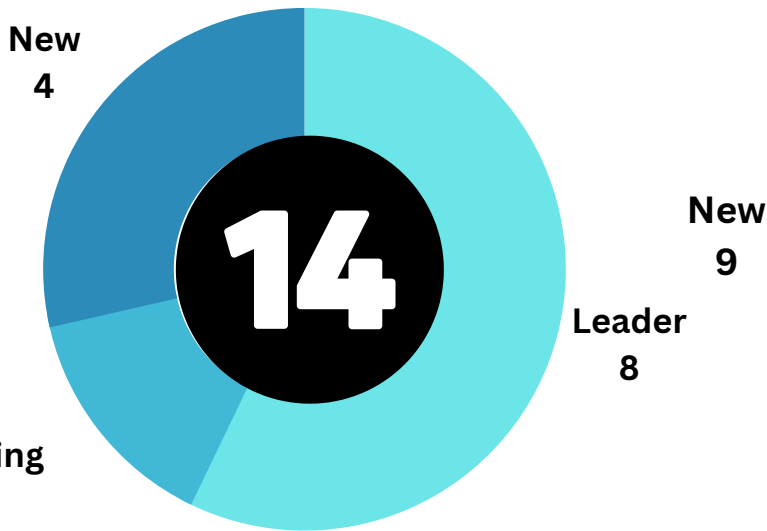
People are more willing to help than you realize.

50

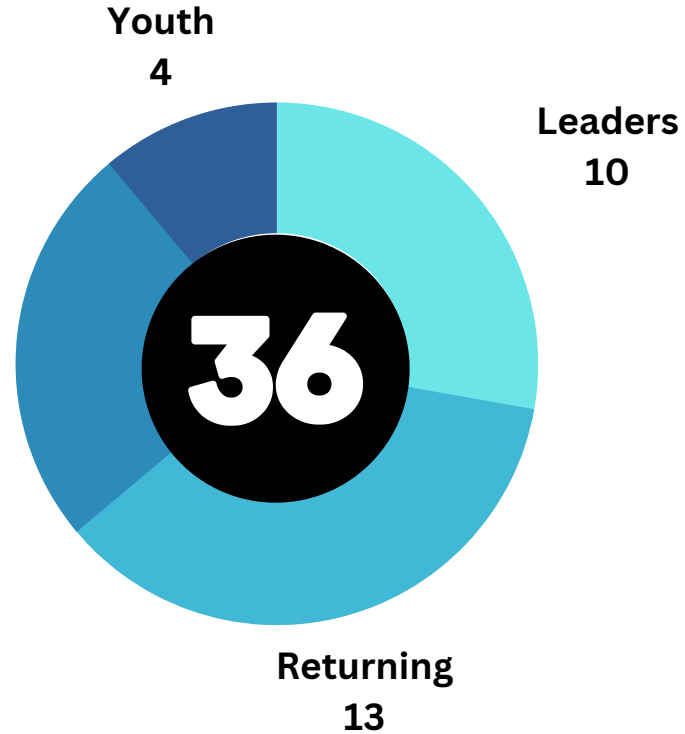
2 Locations:
TRI -COMMUNITY &
CIGAR LAKE
OPERATIONS

ATTENDANCE RECORDS FOR FEBRUARY

Cigar Lake Operations



Tri-Community



LEADER

18

RETURNING

21

NEW

13

YOUTH

4



A MAN IS NOT FINISHED
WHEN HE IS DEFEATED.
HE IS FINISHED WHEN
HE QUILTS.

-
EPICTETUS

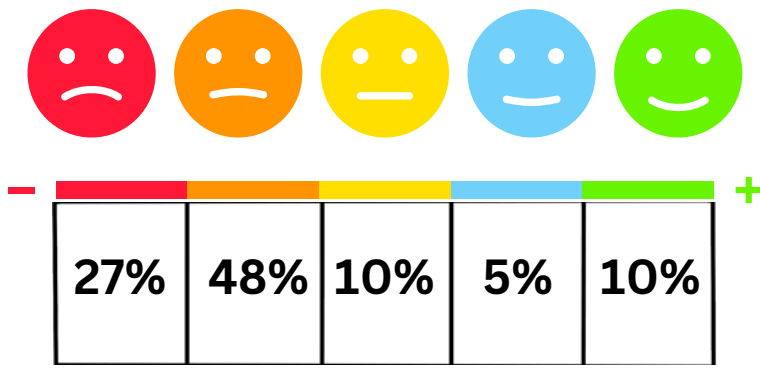
EVALUATIONS FORMS RESULTS

27

Have responded to
our evaluations
forms

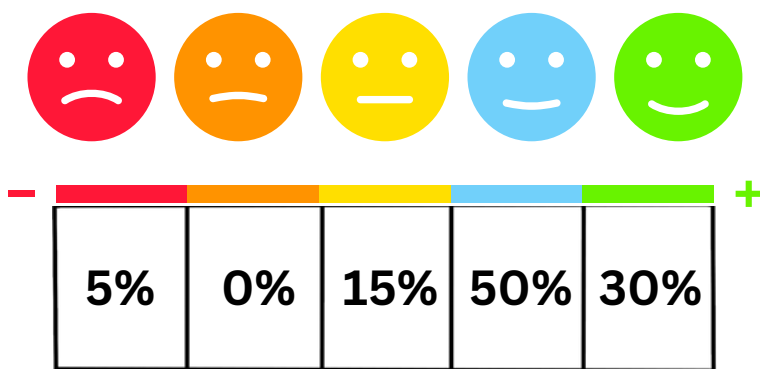
Before

Please rate how you felt BEFORE you attended Men of the North Inc Workshop or group event.



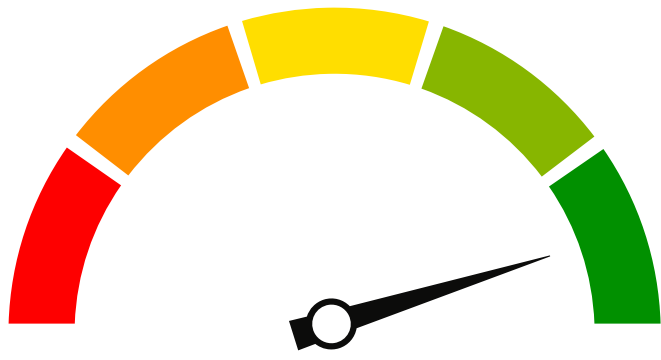
After

Please rate how you felt AFTER you attended Men of the North Inc Workshop or group event.



Overall

What is your overall of the Mental Health Workshop?



59.2% HAD RATED THEIR WORKSHOP VERY SUCCESSFUL!!!

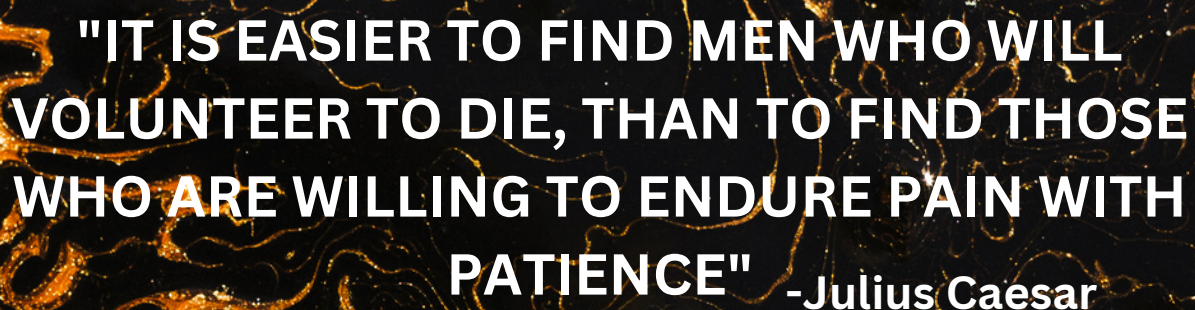
EVALUATIONS FEEDBACK FORMS

WHERE DO YOU SEE IMPROVEMENTS?

1. Introductions should be required, So we know who is speaking.
2. Try to make it to more meetings.
3. Just to request you do not email me anymore. Take my email off the your list Thank you
4. Explain to new members that do not have to call themselves an alcoholic and/or a drug addict before they begin their story. There is another place for that.

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

1. Love your family. Nurture and grow positive experiences with the people you love.
2. Good topic, and the food was great
3. Good discussion
4. Its good to laugh



"IT IS EASIER TO FIND MEN WHO WILL VOLUNTEER TO DIE, THAN TO FIND THOSE WHO ARE WILLING TO ENDURE PAIN WITH PATIENCE" -Julius Caesar

Our social media reach in Northern Saskatchewan and across Canada

ANALYTICS RESULTS OF SOCIAL MEDIA

15



219



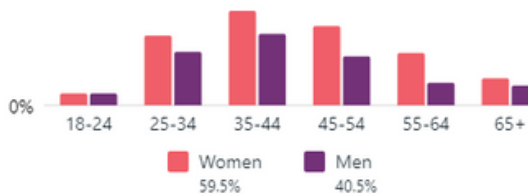
64



2,504



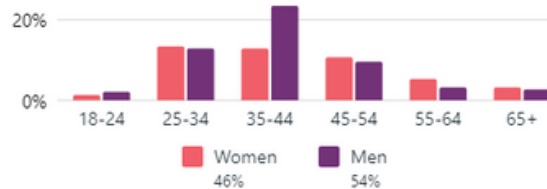
Age & gender ⓘ



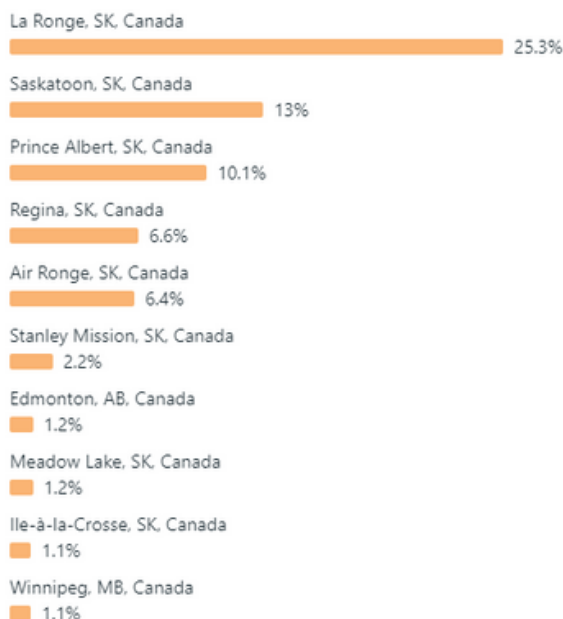
227



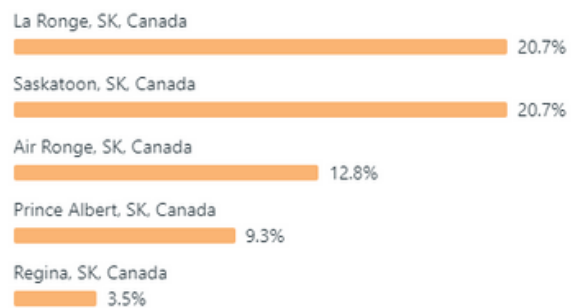
Age & gender ⓘ



Top cities



Top cities



Activates
for the
month of
February

PHYSICAL ACTIVITIES



March 11th, 2023
Downtown Beach
La Ronge
POLAR BEAR PLUNGE!
Fundraiser



Canadian Mental Health Association
LA RONGE FIRE
Sponsored by:



ALL NATIONS
Men's Drum Group
FIRST PRACTICE

Registration:


03 HOURS / MARCH 3RD
5:00PM

1222 Hildebrand Dr, La Ronge
Northlands Community College
Elie Fleury Culture Center
Behind to Canoe Building

www.menofthenorth.net

Sponsored by:



MOTN
40 Minute
Yoga for MEN



SUNDAY
February 12th, 2023
Elks Hall/Air Ronge
3:00pm Start time

Registration:
admin@menofthenorth.net



Designed specifically for the male body:
Pre-register classes that focus on improving flexibility, develop balance strength, increasing stamina and decreasing stress.

 All equipment provided.

www.menofthenorth.net



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

Starting
Jan 11th

**EVENING
HIKING**

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

Wednesdays & Thursdays
January 2023

Sponsored by Men of the North

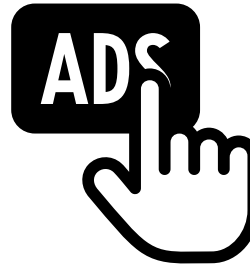


SPONSORSHIP PROGRAM

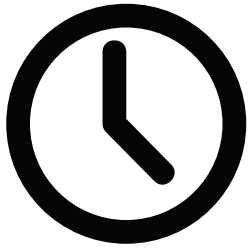
Sponsorship
for the month
of February



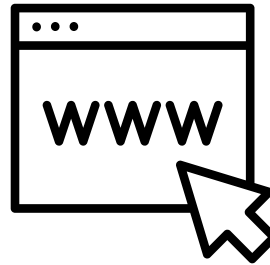
4 FLIGHTS



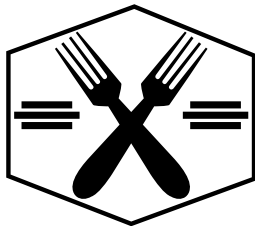
14 ADS



6 HOURS



2 WEBSITES



7 MEALS



1 NIGHTS

MARCH 2023

Upcoming Events

3
MAR

Men's Drum Group

First Drum Practice at the Elie Fleury Culture Center
Northlands Community College

5:00PM - 8:00 PM

11
MAR

2023 Polar Bear Plunge

Taking the plunge to raise money for CHMA and
MOTN mission.

11:00 AM - 5:00 PM

19
MAR

Yoga for Men

The Practice of yoga for the male body

2:30 PM - 4:00 PM

**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, ISC, Cameco Corporation, Government of Saskatchewan, Canadian Mental Health Association, Step up solutions, NIPCA, 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.

Christopher Merasty writers and designer behind the Impact Report

and thank you to all colleagues within the MOTN Partnered Organizations



We thank you for your continued support in our efforts to contribute to the MOTN.

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