



MEN OF THE NORTH

Monthly Impact Report

**JANUARY
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

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 STRATEGY

2022 - 2023

This project entails research, Evaluations, Member & Leadership Recruitment, Networking, Training and raising of funds.

PROJECTS	DETAILS	OUTCOME
Workshop	The practice of speaking your truth in a safe and comfortable environment.	<ul style="list-style-type: none">• 52 men accessing our program in January
Youth Mentoring	Taking young men out to offer community service and helping elders	<ul style="list-style-type: none">• 3 young men helping with setup at each workshop• 3 youth received 3 meals meals from our program
Leadership Training	Building Leadership capacity and healthy role models	<ul style="list-style-type: none">• 8 Leaders have stepped up• 4 more communities will be impacted by our program
Networking	Continue collaborating with partners throughout Saskatchewan	<ul style="list-style-type: none">• RCMP, EMS and Fire department would like to partner for events• Highschools have reached out to us about a at risk male youth program

MEN OF THE NORTH WORKSHOP

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.

 **MONDAY'S | 6PM - 8PM**

 **ELKS HALL/AIR RONGE**

JOIN NOW

 www.menofthenorth.net

 +639-470-3476

 admin@menofthenorth.net



**MEN OF THE
NORTH INC.**



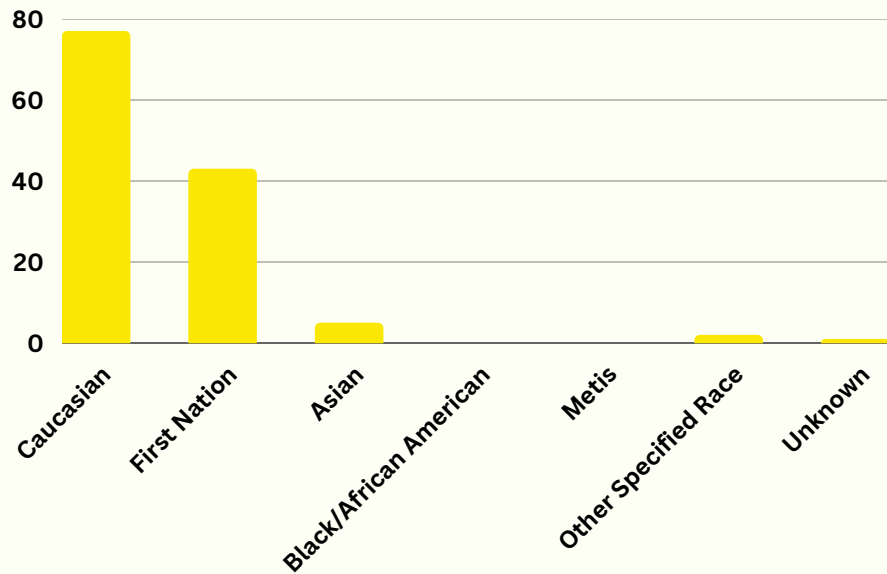
CORONER'S OFFICE STATS ON MALE SUICIDE DEATHS IN SASKATCHEWAN

128

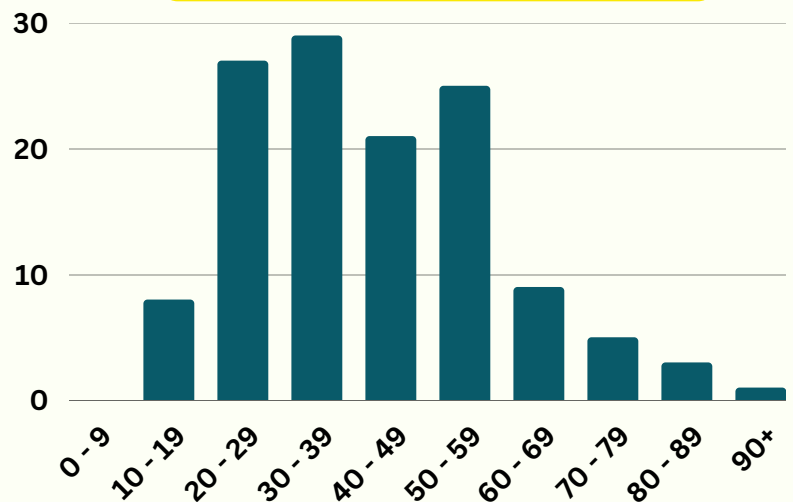
MEN HAVE DEID BY
SUICIDE IN 2022



Male suicides by Race in Saskatchewan for 2022



Age groups of Male suicides in Saskatchewan for 2022



Age groups with highest suicides

- MEN**
1. 20-29
 2. 40-49
 3. 50-59

- WOMEN**
1. 20-29
 2. 10-19
 3. 50-59



63

Have attended our workshop for both the TRI -COMMUNITY & CIGAR LAKE OPERATIONS

ATTENDANCE RECORDS FOR JANUARY

Cigar Lake Operations

OVERVIEW - Cigar Lake Operations

ATTENDANCE MONTHLY SYSTEM

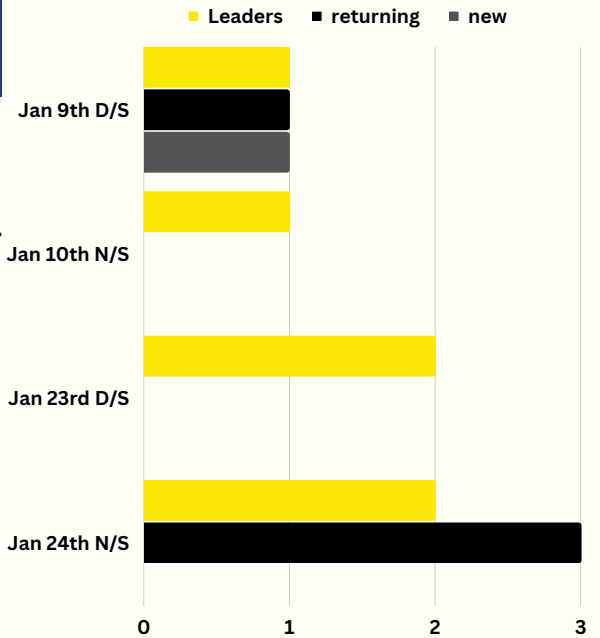
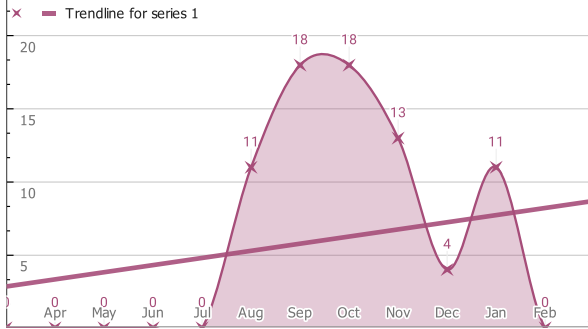
# of workshops each month	Month	# of Members
0 - 4	Mar	0
0 - 4	Apr	0
0 - 4	May	0
0 - 4	Jun	0
0 - 4	Jul	0
4 - 4	Aug	11
4 - 4	Sep	18
4 - 4	Oct	18
4 - 4	Nov	13
2 - 4	Dec	4
4 - 4	Jan	11
0 - 4	Feb	0
0 - 4	Mar	0
Total		75

TRACKING

Attendance 2022 - 2023

based on Months.

Cigar Lake Operations



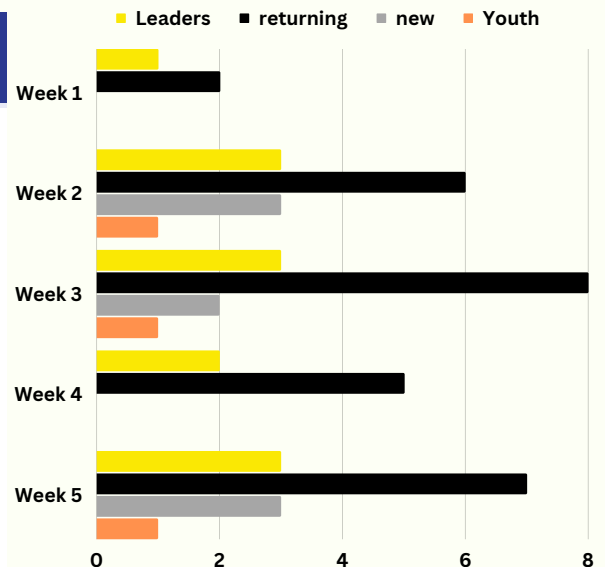
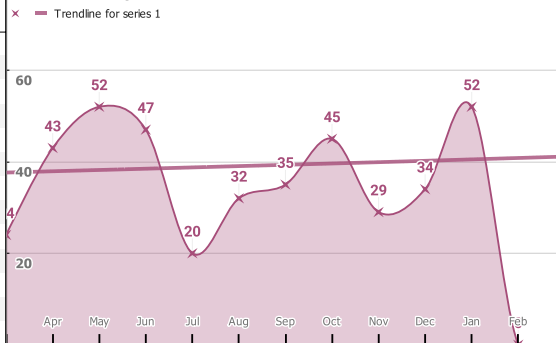
Tri-Community

Attendance OVERVIEW - TRI-COMMUNITY

TRACKING MONTHLY SYSTEM

# of Workshops per - month	Month	# of Members
4 - 4	Mar	24
4 - 4	Apr	43
5 - 5	May	52
4 - 4	Jun	47
4 - 4	Jul	20
4 - 4	Aug	32
4 - 4	Sep	35
5 - 5	Oct	45
4 - 4	Nov	29
4 - 4	Dec	34
5 - 5	Jan	52
0 - 4	Feb	0
0 - 4	Mar	0
TOTAL		413

Tri - Community Attendance



EVALUATIONS FORMS RESULTS

51

Have responded to our evaluations forms

Before

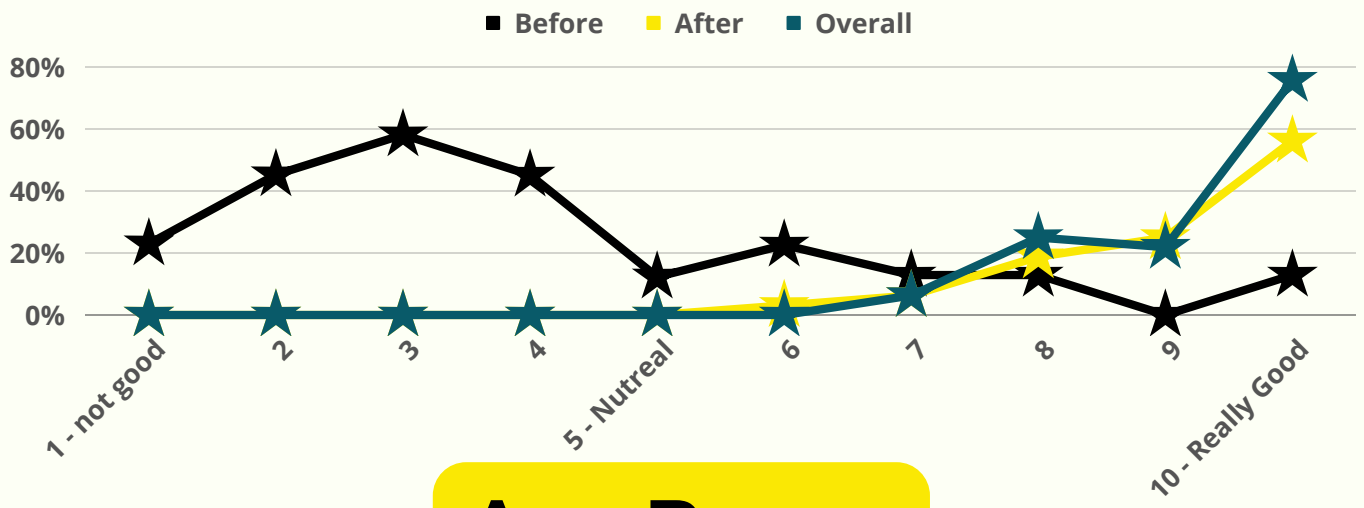
Please rate how you felt BEFORE you attended Men of the North Inc Workshop or group event.

After

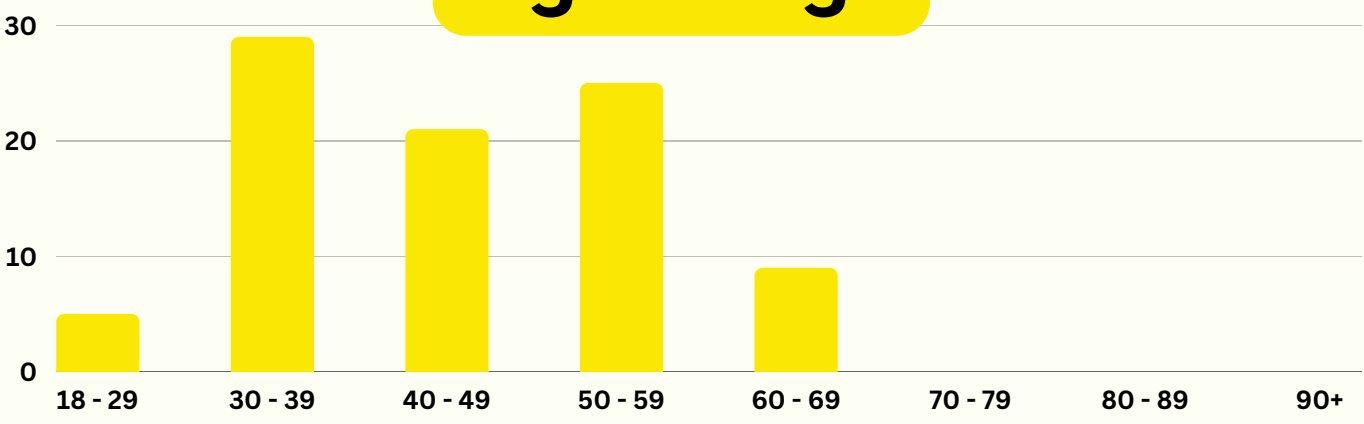
Please rate how you felt AFTER you attended Men of the North Inc Workshop or group event.

Overall

What is your overall of the Mental Health Workshop?



Age Range



When you find peace within yourself, you also find peace without.



**FEEDBACK
FROM OUR
EVALUATIONS
FORMS**

EVALUATIONS FEEDBACK FORMS

MEMBER FEEDBACK

Incorporate some type of motivational exercises for nights shift. A quick dance to a great on something. Jumping jacks instead of the breathing exercises. I don't know the breathing was putting me to sleep.

IMPROVEMENTS

More action items

IMPROVEMENTS

Additional programming

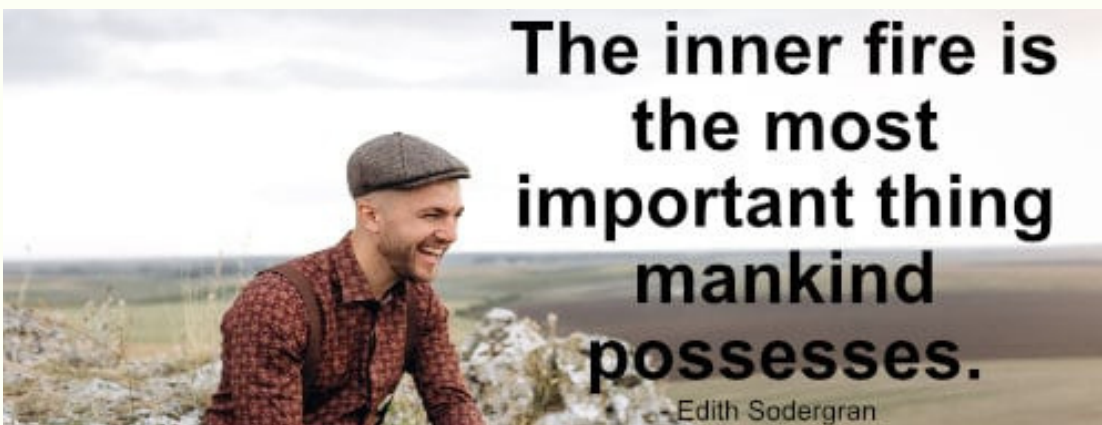
MEMBER FEEDBACK

I'd love to see better turnouts. But overall the conversations with Chris are great & helpful

MEMBER FEEDBACK

I really like the group intentions & goals for the future.

www.menofthenorth.net



Our social media reach in Northern Saskatchewan and across Canada

ANALYTICS RESULTS OF SOCIAL MEDIA

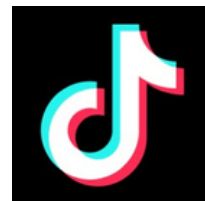
13



219



56



Audience

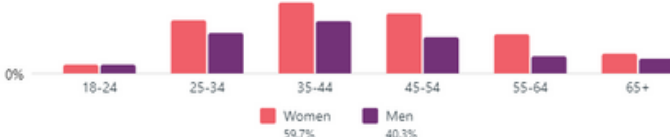
Current audience Potential audience

Facebook Page followers ⓘ

2,489



Age & gender ⓘ

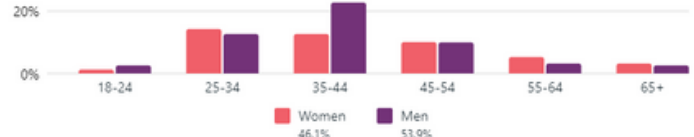


Instagram followers ⓘ

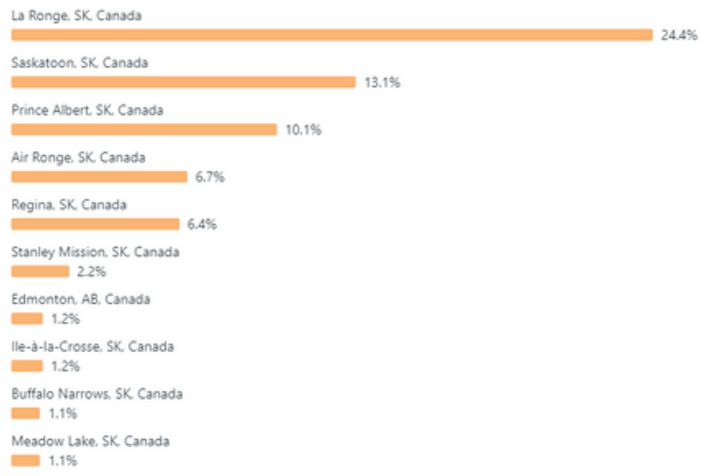
227



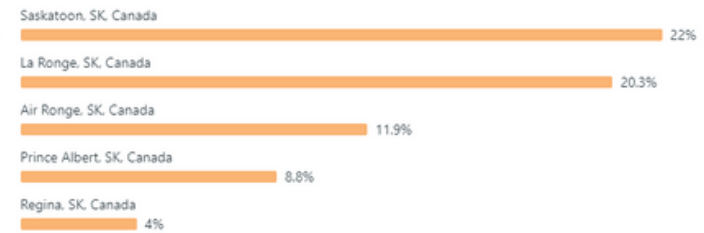
Age & gender ⓘ



Top cities



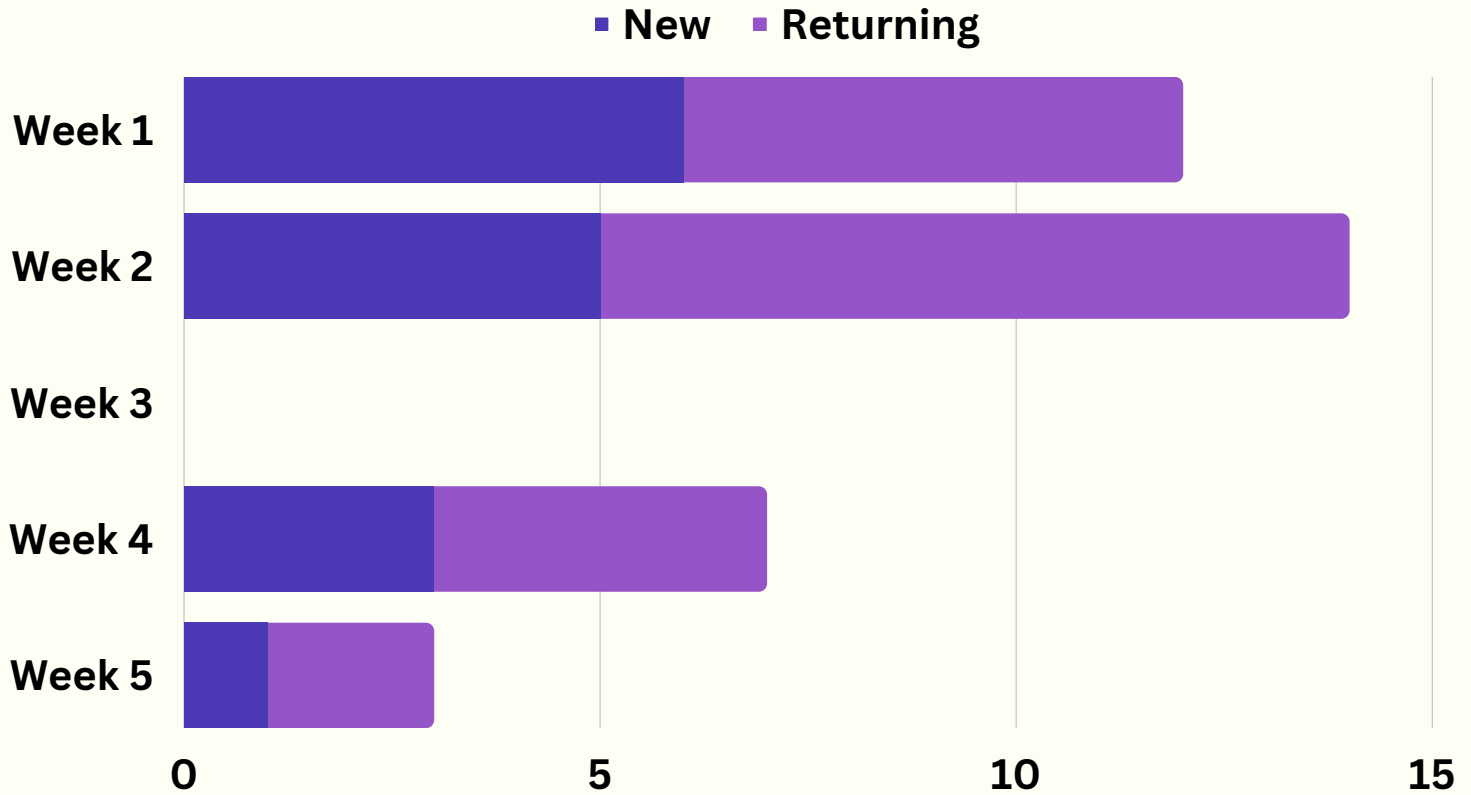
Top cities



36

In attendance for
our activities for
the Month of
January

OUTDOOR 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

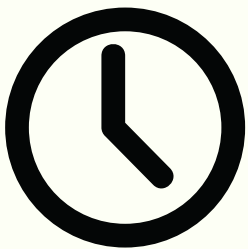
Cameco has
sponsored for
January



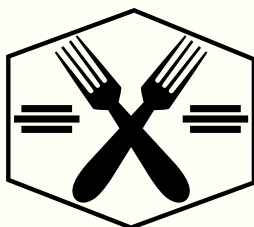
Cameco



2 FLIGHTS



4.5 HOURS



7 MEALS



1 NIGHTS

**FEBUAURY
2023**

UPCOMING WORKSHOPS AND EVENTS

FEBRUARY 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5				1	2	3	4
Week 6	5	6 Tri - Community 6:00pm - 8:00pm Cigar Lake Cigar Lake 7:30am - 9:00am 7:30pm - 9:00pm	7	8	9	10	11
Week 7	12 Yoga for Men	13 Tri - Community 6:00pm - 8:00pm	14	15	16	17	18
Week 8	19	20 Tri - Community 6:00pm - 8:00pm Cigar Lake Cigar Lake 7:30am - 9:00am 7:30pm - 9:00pm	21	22	23	24	25
Week 9	26	27 Tri - Community 6:00pm - 8:00pm	28				

NOTES



**BE STRONGER
THAN YOUR
EXCUSES**

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, 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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