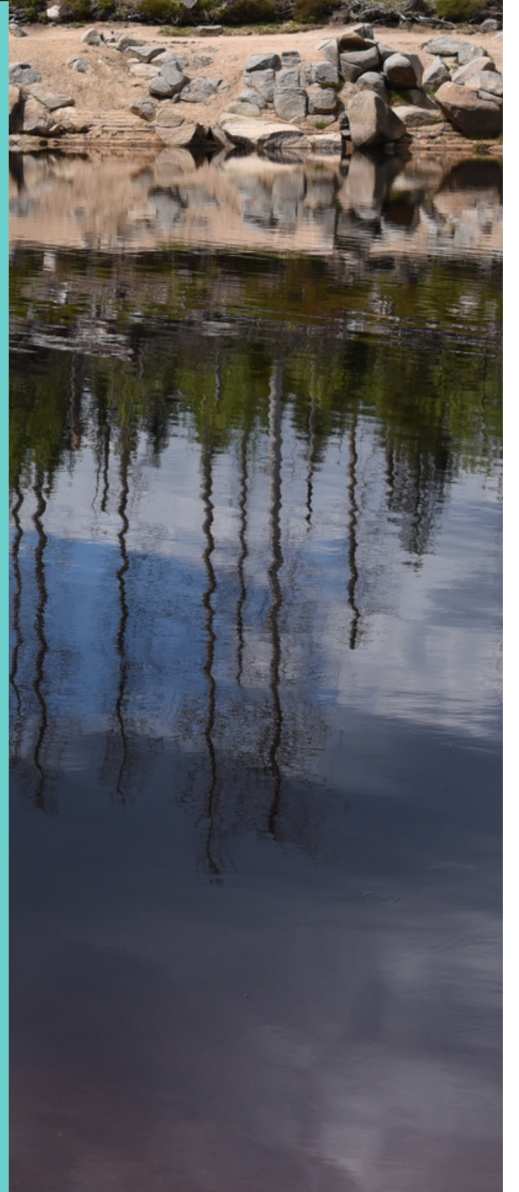




MEN OF THE NORTH

Monthly Impact Report

NOVEMBER
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.

- Being able to review your projects against your mission and goals
- Improving and implementing changes depending on the results of the report
- Building trust with funders, supporters, and beneficiaries
- Cultivating a culture of learning among similar organizations
- Celebrating the achievements of leaders and volunteers

Our target age group is men 18 & up, today in our communities there is a lack of male role models. At our prevention workshops men are allowed to share their experiences and strengths. With the assistance of professional support, trained leadership and continuous practice.

PROJECTS	DETAILS	OUTCOME
Workshops	The practice of speaking your truth in a safe and comfortable environment.	<ul style="list-style-type: none">• 39 men accessing our program in November
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
Christmas Hampers	Helping with nutritional meal for Christmas in our communities	<ul style="list-style-type: none">• 143 Christmas hampers will be distributed to the community
Santa Photos	Taking Santa Photo with families	<ul style="list-style-type: none">• Santa & Miss Clause suits are ordered• 10 Elf outfits ordered• Santa Sleigh is being built

ANALYTICS RESULTS OF SOCIAL MEDIA

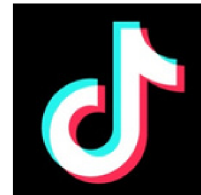
12



214



10



Current Audience i

Facebook Page Likes

Instagram Followers

2.20K

229

Estimated Audience i

Estimated Audience Size

24M - 29M

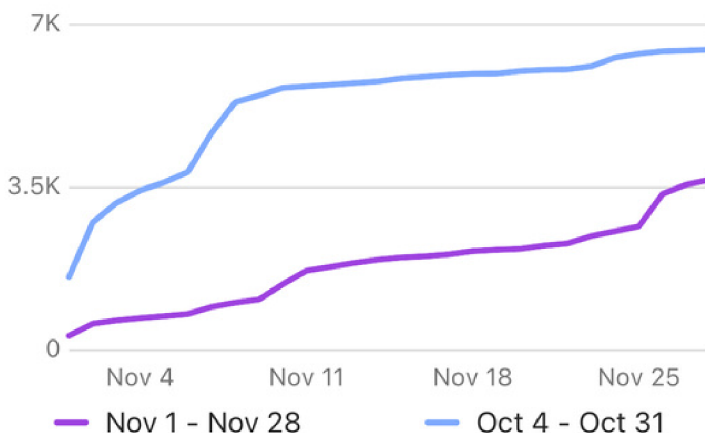
Reach

Facebook ▾

Compare your cumulative reach from the selected date range to the previous one.

Facebook Page Reach i

3.7K ↓ 43.8%



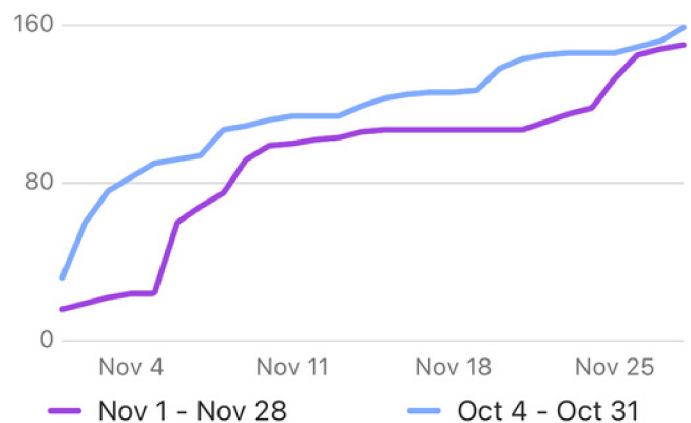
Reach

Instagram ▾

Compare your cumulative reach from the selected date range to the previous one.

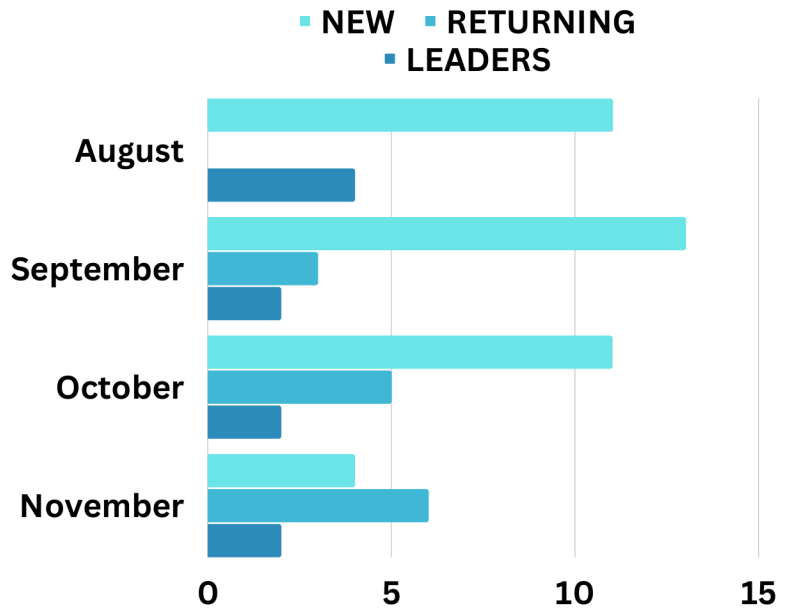
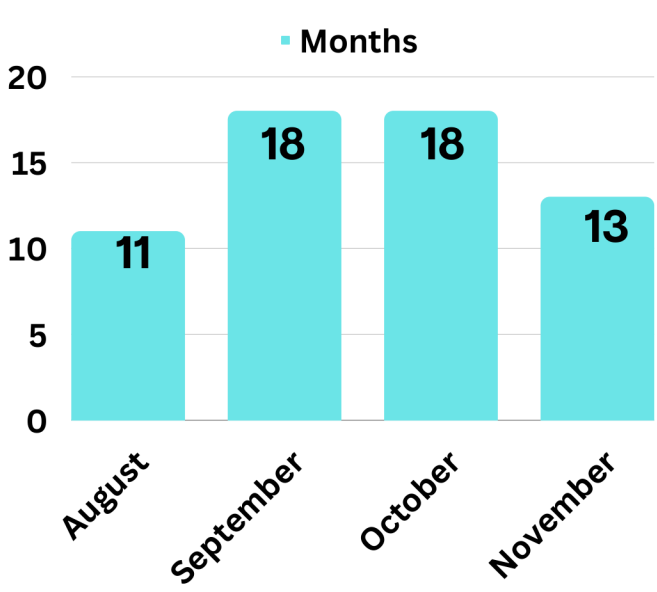
Instagram Reach i

150 ↓ 6.2%

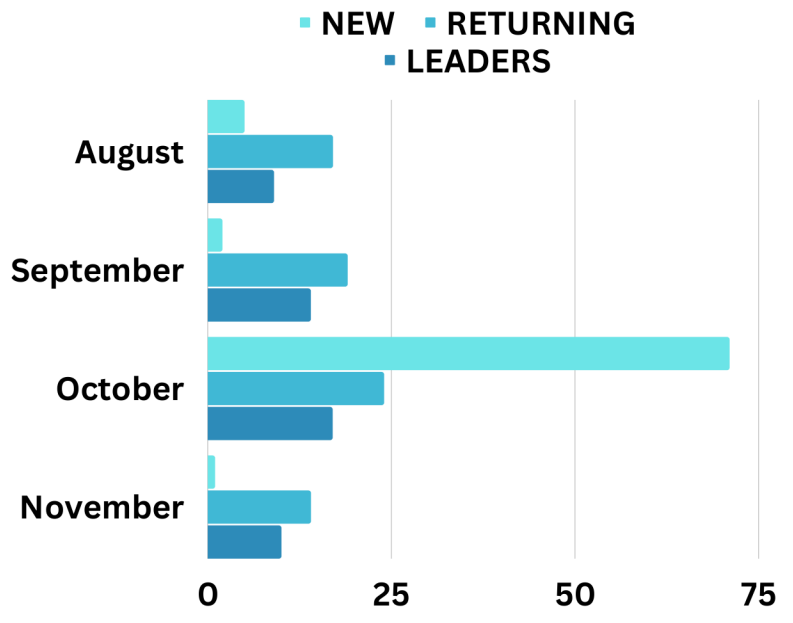
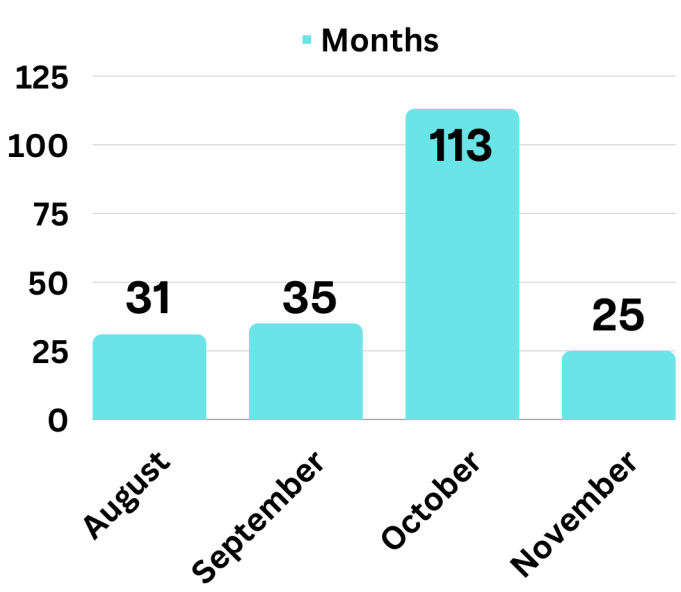


OUR ATTENDANCE RECORDS

Cigar Lake Operations



Tri-Community

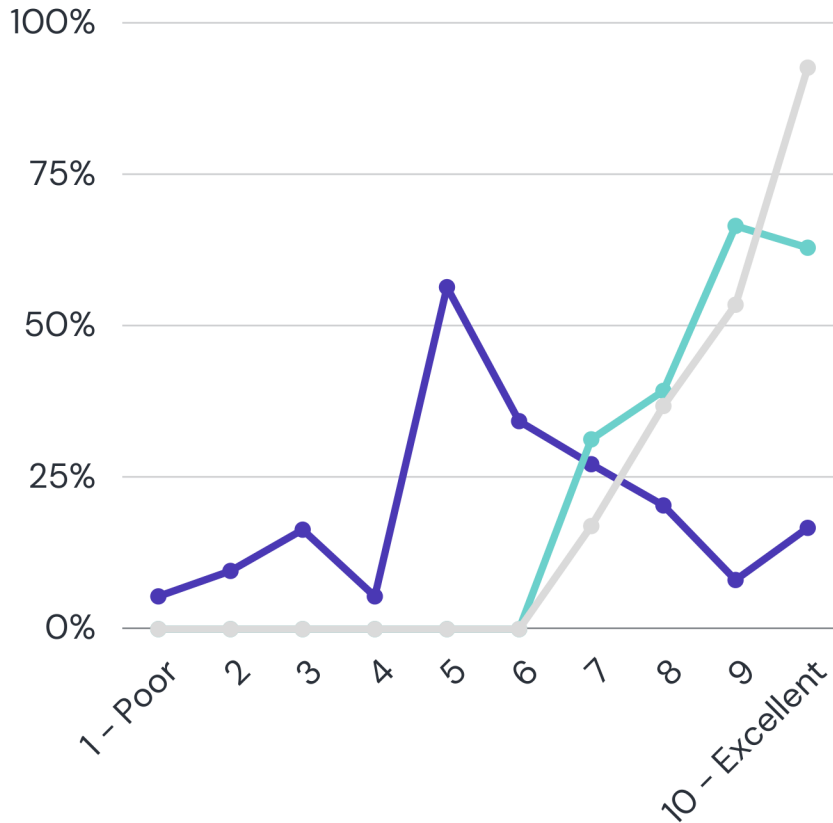


EVALUATIONS FORMS RESULTS

How are you feeling Before and After the program?

November 1st - 30th, 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.



38
Responded
BEFORE

38
Responded
AFTER

38
Responded
OVERALL

**"If a man views the world when he is 50 the same way
he did in his 20, he wasted 30 years of his life"**

-Muhammad Ali

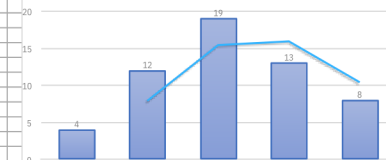
ANALYSIS OF RESULTS



Rate how you felt BEFORE the workshop?

1	4.2%
2	12.4%
3	19.7%
4	13.4%
5	8.1%

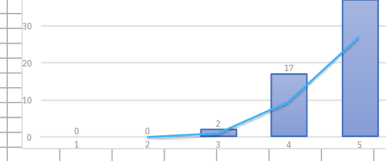
Rate how you felt BEFORE the workshop



Rate how you fell AFTER workshop?

1	0.0%
2	0.0%
3	3.6%
4	30.4%
5	66.1%

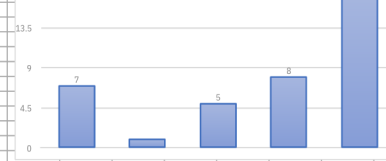
Rate how you fell AFTER workshop?



How was the food and drinks? (In-person meetings only)

1	18%
2	3%
3	13%
4	21%
5	45%

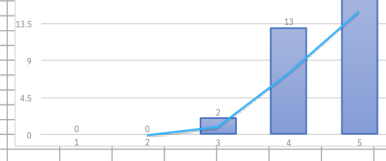
How was the food and drinks? (In-person meetings only)



Did the group discussion stay on topic?

1	0%
2	.4%
3	2.1%
4	13.3%
5	17.4%

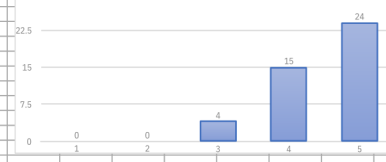
Did the group discussion stay on topic?



Was the information provided informative?

1	0%
2	0%
3	4.2%
4	15.5%
5	24.2%

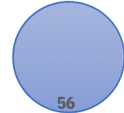
Was the information provided Informative?



Would you recommend our organization to your friends or family?

Yes	56
No	0

Would

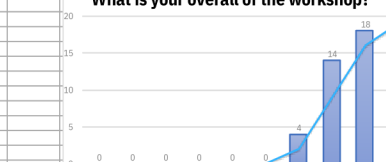


● Yes ● No

What is your overall rating of the meeting?

1	0%
2	0%
3	0%
4	0%
5	0%
6	.4%
7	4.3%
8	14.3%
9	18.5%
10	20.8%

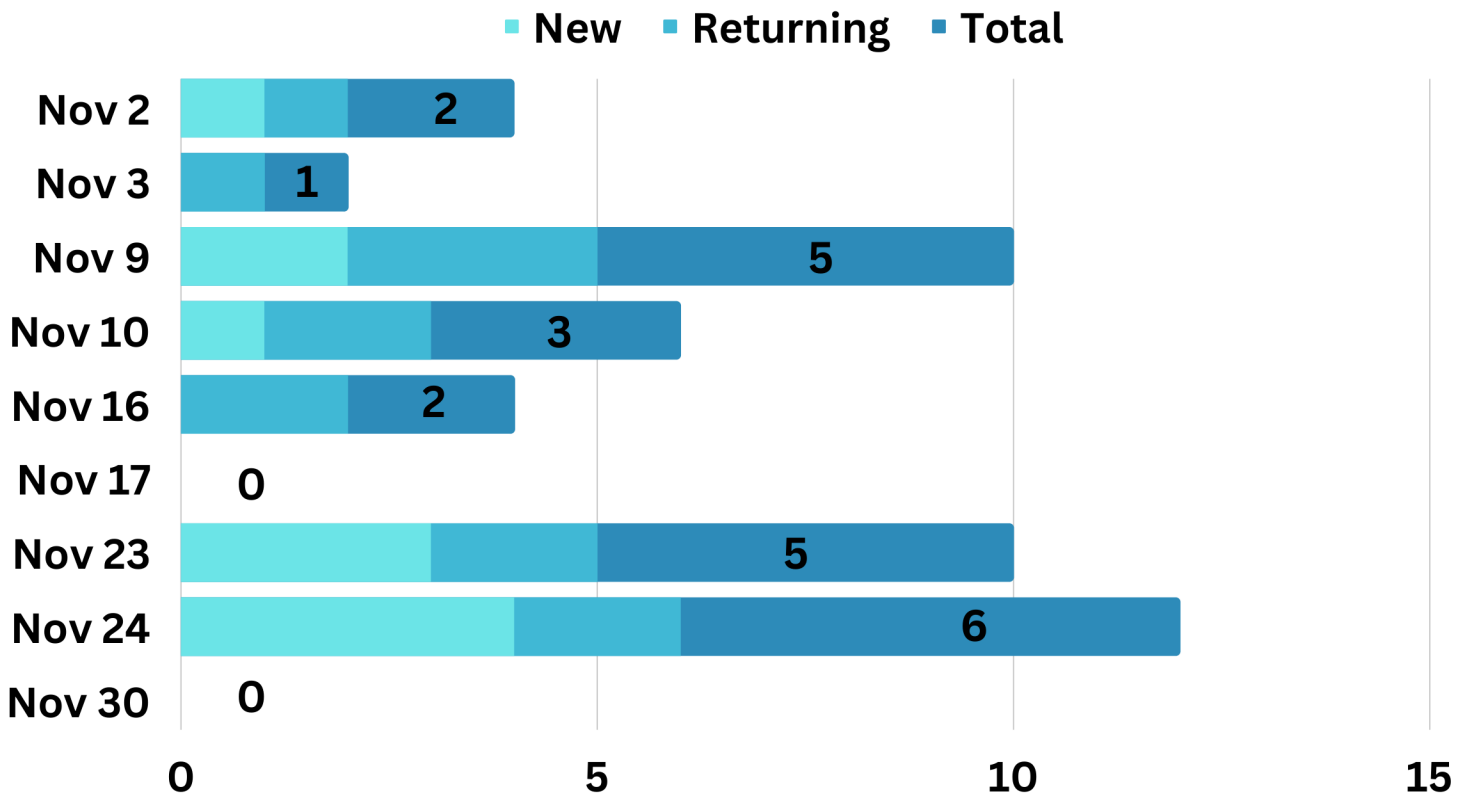
What is your overall of the workshop?



PHYSICAL ACTIVITIES

24

In attendance for
the Month of
November



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

EVENING HIKING

Wednesdays & Thursdays

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

NOVEMBER

SPONSORSHIP

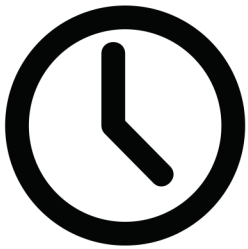
1ST, 14TH,
15, 28TH, &
29TH



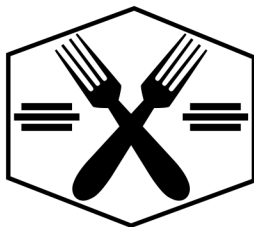
Cameco



2 FLIGHTS YVC - JW7



12 HOURS



5 MEALS



1 NIGHT

FEEDBACK

Normalize conversation by sharing our experience

Sharing responsibilities each week, maybe having open topic nights.

Need commitments and encouragement from supervisors on site

Stimulating topic, Lots of Feedback, Lots of participation

“A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the ‘why’ for his existence and will be able to bear almost any how.” – Viktor Frankl

145

families

Will be receiving
a Christmas
Hamper

COMMUNITY EVENTS AND COLLABORATIONS

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

larongenow.com

Partnership in tri-communities organizing
Christmas hamper giveaway



Holiday Event
Photo with **SANTA**
&
CHRISTMAS HAMPERS

WE THANK YOU FOR YOUR ONGOING SUPPORT OF OUR PROGRAMME



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, HQC, Step up solutions



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