



MEN OF THE NORTH

Monthly Impact Report

October
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

13%

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">• Close to 400 men accessing our program in 2022• 3 men who attempted suicide found hope within our program
Youth Mentoring	Taking young men out to offer community service and helping elders	<ul style="list-style-type: none">• 3 young men involved with the program had dropped out of school last year• This year all 3 are still in school today
Elder support	Helping elders in our communities	<ul style="list-style-type: none">• Over 60 elderly homes have access our program

Our attendance records

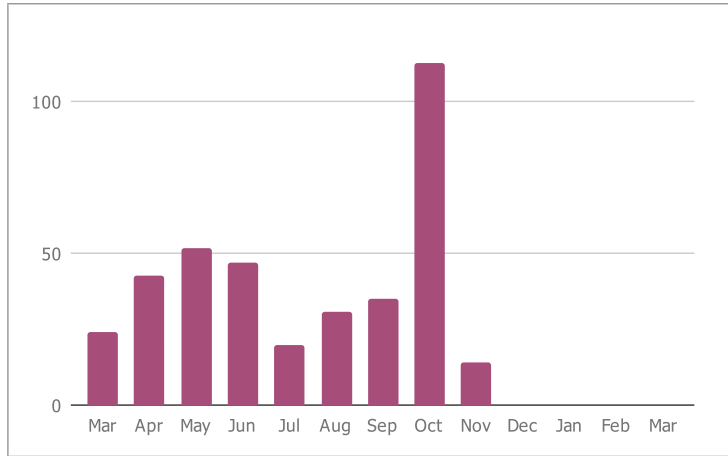
Attendance OVERVIEW - TRI-COMMUNITY

TRACKING MONTHLY SYSTEM

# Range of	20Month	# of Members
24-100	Mar	24
43-100	Apr	43
52-100	May	52
47-100	Jun	47
20-100	Jul	20
31-100	Aug	31
35-100	Sep	35
95-100	Oct	113
14-100	Nov	14
0-100		
0-100		
0100		
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379	TOTAL	

Attendance 2022

based on Months.



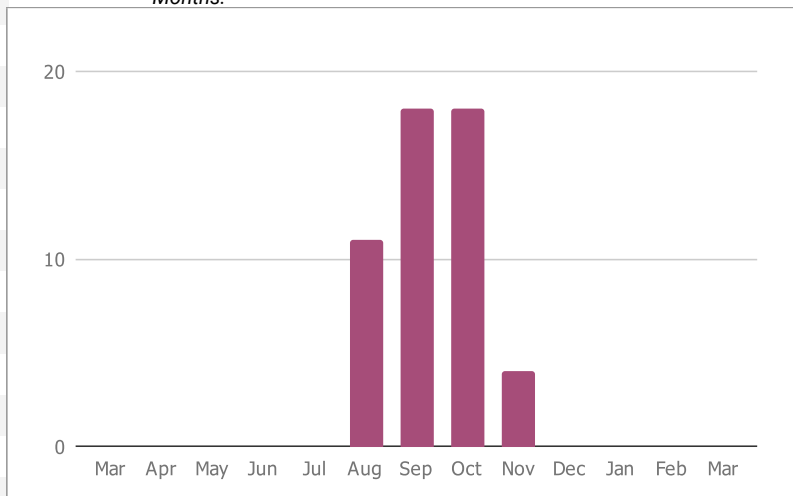
OVERVIEW - Cigar Lake Operations

TRACKING MONTHLY SYSTEM

# Range of	20Month	# of Members
	0-20Mar	0
	0-20Apr	0
	0-20May	0
	0-20Jun	0
	0-20Jul	0
11-20	Aug	11
18-20	Sep	18
18-20	Oct	18
	4-20Nov	4
	0-20Dec	0
	0-20Jan	0
	020Feb	0
	020Mar	0
Total		51

Attendance 2022

based on Months.

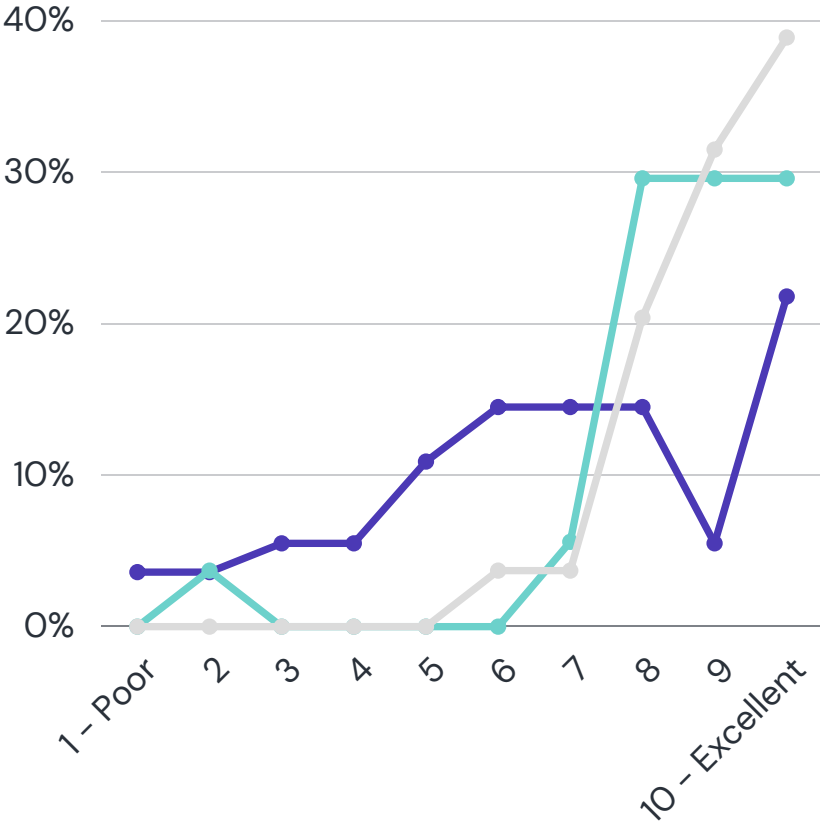


A roadmap that will help facilitate progress on our long journey. This evaluation plan can clarify what direction our program should take based on priorities, resources, time, and skills needed to accomplish our top priorities. The importance of us developing this evaluation form in cooperation with our stakeholders will foster collaborations and a sense of shared purpose.

How are you feeling Before and After the program?

October 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.



55
Responded
BEFORE

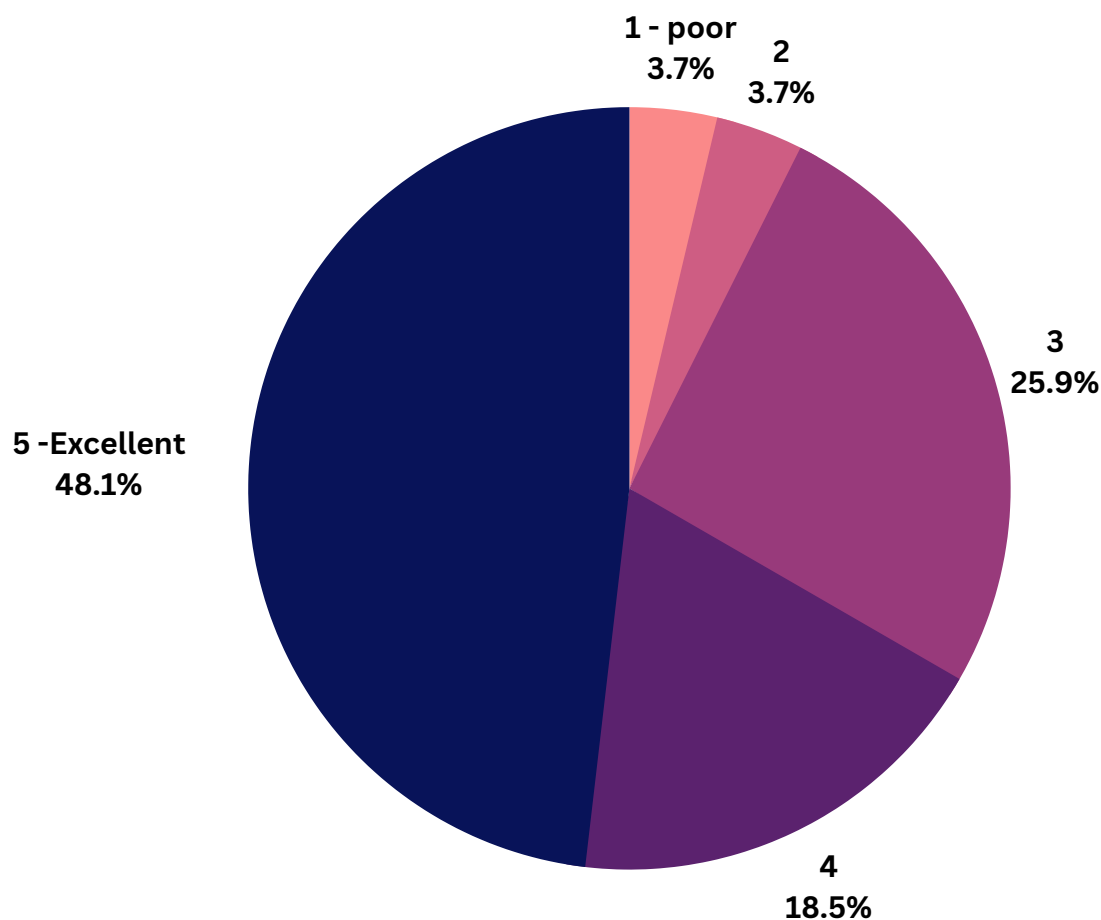
55
Responded
AFTER

55
Responded
OVERALL

A brief review of your organization's goals and steps going forward:

- Mental health includes a person's emotional, psychological, and social well-being.
- Consistent weekly workshops & workplace mental health workshops.
- We have giving hope to 3 individuals who have attempted suicide.
- What our evaluation forms we have seen positive outcomes, consistent number of individuals accessing our program weekly/monthly.
- Challenge we face is accessing and finding core funding, additional partnerships; prairie run crew, John Howard Society, Wellness Canada online therapy.
- Authentic programming Requires practice and research for continual improvements.

How was the food and drinks?



Would you recommend our organization to your friends or family?

YES
100%

We thank you for your ongoing support of our programme



Acknowledgements

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

Those responsible for **concept and coordination**

Your **community relation group**

Christopher Merasty writer and designer behind the impact report

and thank you to all **colleagues** from all MOTN Partner Organizations

Metis nation of Saskatchewan, FNMCG, AMNSIS, ISC, Cameco

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