



QI Power Hour

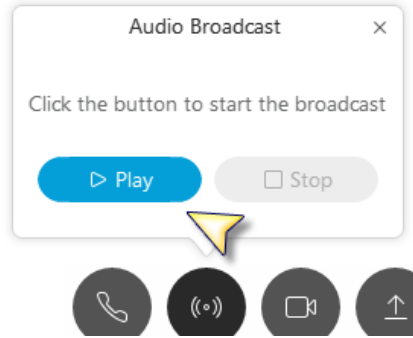
MEN OF THE NORTH – A MALE MENTAL HEALTH SUPPORT PROGRAM

With CHRISTOPHER MERASTY

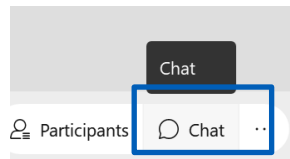


Welcome to QI Power Hour

Connect to audio using **Audio Broadcast**:



Do you have questions about connecting to audio? Use the **chat function** to message the Host, QI Power Hour, for assistance.





QI Power Hour

MEN OF THE NORTH – A MALE MENTAL HEALTH SUPPORT PROGRAM

With CHRISTOPHER MERASTY

TREATY 6 TERRITORY & HOMELAND OF THE METIS

HQC is situated on Treaty 6 Territory and the Homeland of the Métis.

We pay respect to the treaties that were made on this land and acknowledge the harms and mistakes of the past. We are committed to move forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.



Access past QI Power Hour sessions

Past QI Power Hour webinars (with download links)

Health Networks in
Saskatchewan (QI Power
Hour)

Nov 15, 2019 at 9:30 AM



Citizen Science in Public
Health Policy: Leveraging the
Power of Ubiquitous Tools

Oct 25, 2019 at 9:30 AM



The Costs of Poverty to
Saskatchewan: Why Do They
Matter and How Do We
Calculate Them? (QI Power
Hour)

Sep 6, 2019 at 9:30 AM



[Visit our website to view past sessions!](#)

Connect to Audio using Audio Broadcast



Sign up for the QI Power Hour email newsletter

Receive notices about upcoming sessions and details on how to register straight to your in your inbox.



Visit: bit.ly/hqc_subscribe

QI Power Hour Across Saskatchewan



Over



Companies & Organizations





QI Power Hour Across Canada



Over
80
Companies & Organizations



DEER LODGE CENTRE
Making lives better



Holland Bloorview
Kids Rehabilitation Hospital



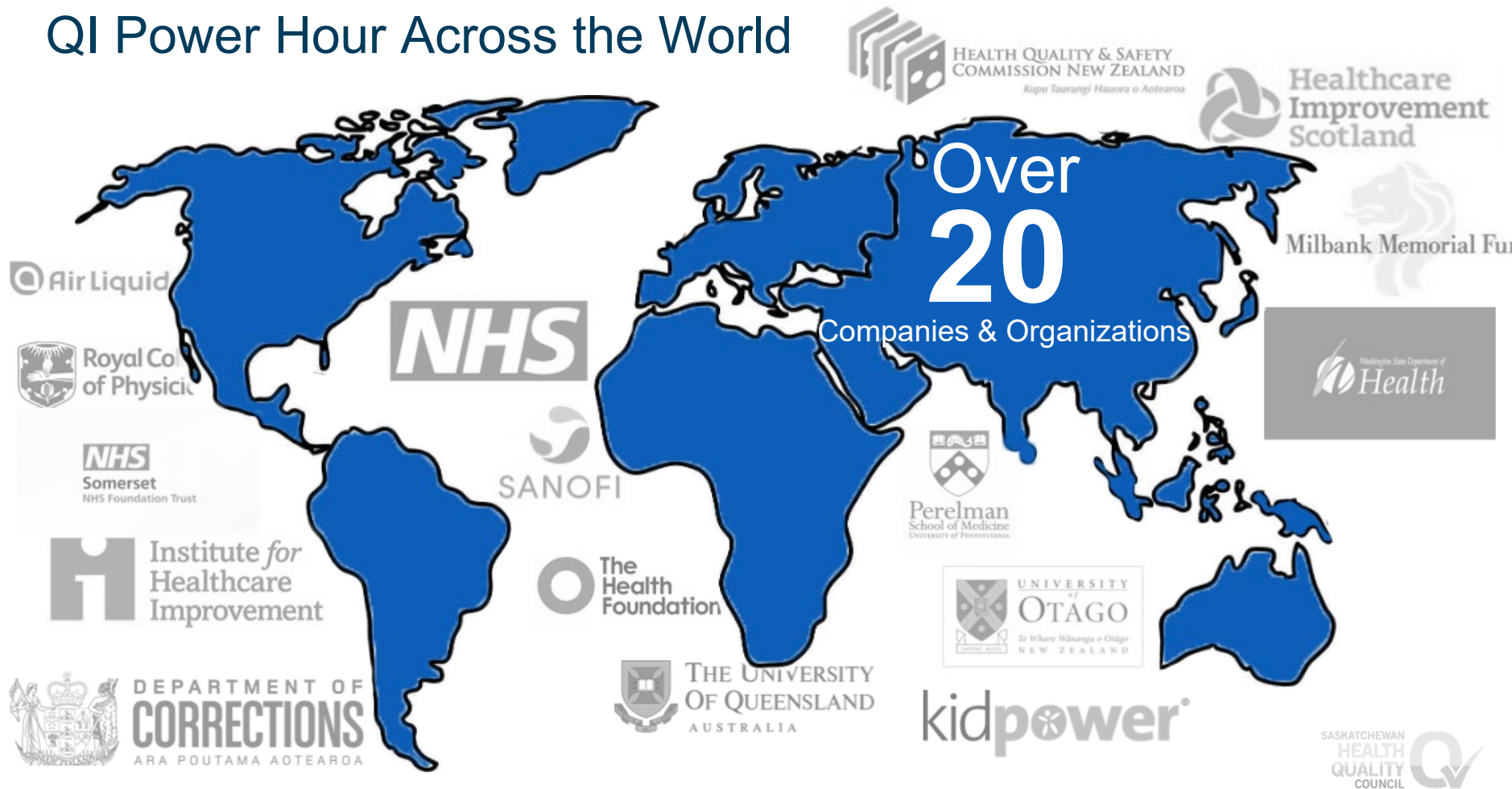
uOttawa



CADTH Evidence Driven.



QI Power Hour Across the World



It's Our 50th QI Power Hour



Design Thinking for Innovation (QI Power Hour)

SPEAKER(S)
Colleen Kennedy

This session touches on some of the latest knowledge on how design tools and methods can be used to foster innovation. In this webinar, we explore how we can partner with the people we are designing for to create innovative solutions.

DATE & TIME
January 13, 2017 11:30 am-12:30 pm CST

LOCATION
Online

EVENT HOST
HQC

[Watch Video](#)

[Learn More](#)



Leading Change and Improvement in a World That is Changing Fast (QI Power Hour)

SPEAKER(S)
Dr. Helen Bevan

In this power hour Dr. Bevan talks about change and improvement in a world that is changing fast

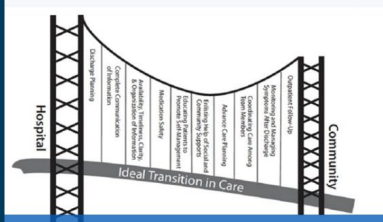
DATE & TIME
January 24, 2019 9:30 am-10:30 am CST

LOCATION
Online

EVENT HOST
HQC

[Watch Video](#)

[Learn More](#)



Connected Care Strategy – The Saskatchewan Journey Towards Improved Patient Flow (QI Power Hour)

SPEAKER(S)
Graham Fast & Sheila Anderson

This session goes over the development of the overarching strategy guiding the Connected Care work, as well as examples of on-the-ground implementation challenges and successes, both in hospitals as well as community settings.

DATE & TIME
January 19, 2018 9:30 am-10:30 am CST

LOCATION
Online

EVENT HOST
HQC

[Watch Video](#)

[Learn More](#)



Promoting Social Inclusion Through Experience-based Design in Christchurch, New Zealand (QI Power Hour)

SPEAKER(S)
Nicola Woodward

This session explores how agencies can make a difference using experiences-based service design. Nicola shared some of the experiences that contributed to the transformation of a women's refuge, and the founding of a unique centre of co-located human services in Christchurch, New Zealand.

DATE & TIME
February 27, 2020 2:00 pm-3:00 pm CST

LOCATION
Online

EVENT HOST
HQC

[Watch Video](#)

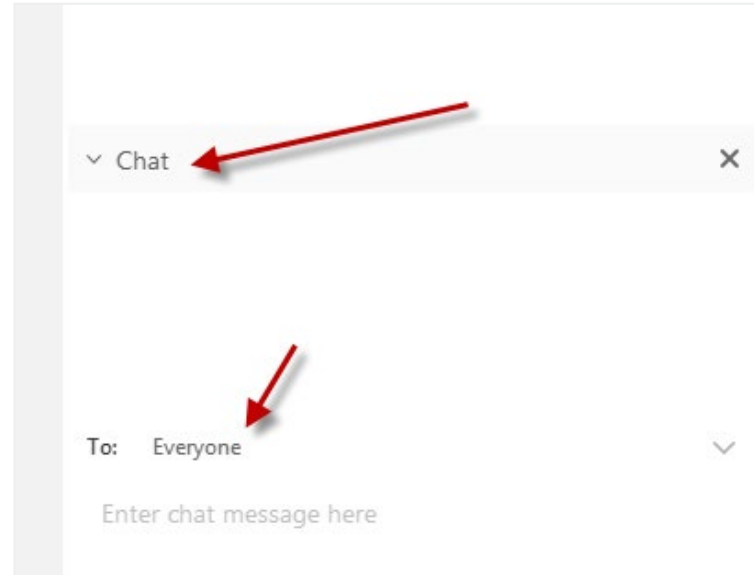
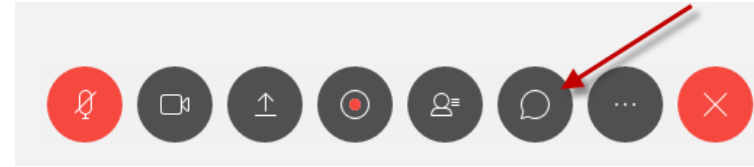
[Learn More](#)



Webex tool: chat function

Chat functions:

- Share **questions**, **comments**, and **ideas**
- Click on the message bubble icon to access the chat
- Send to **Everyone**





QI Power Hour

MEN OF THE NORTH – A MALE MENTAL HEALTH SUPPORT PROGRAM

With CHRISTOPHER MERASTY



MEN OF THE NORTH

Looking after Our



A workshop on caring
for our mind, body,
and spirit

Christopher Merasty

President and Founder

Tim

Hoemans

Member/Leader

Mental Health

February 10th, 2023, | 9:30 a.m.

Friendly Reminders

While waiting for others to come in, here are some rules and reminders to keep in mind.

- 01 You will not be able to unmute yourself, to ask any questions during lecture.

- 02 Feel free to write a question down so you don't forget to ask.

- 03 Q&A will be entertained at the end of presentation.



Learning Agenda

What we'll discuss during lecture

01

Opening
Acknowledgement

02

Purpose, Mission
and Vision

03

Passion driving
the program

04

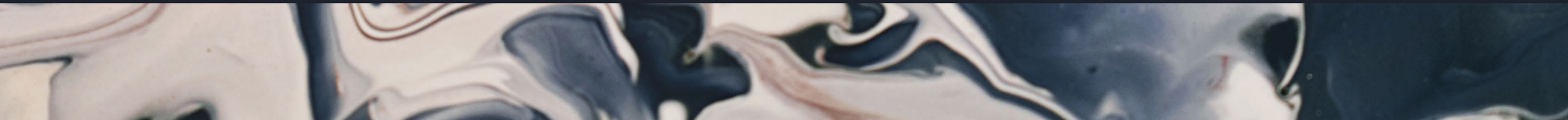
Programs and
their results

05

Testimony from
Member

06

Contact
Information





TERRITORY ACKNOWLEDGEMENTS



Purpose, Mission and Vision

Our business needs to have its purpose (mission) defined before you can choose its destination (vision).



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

1. Integrity
2. Responsibilities
3. Quality
4. Communication
5. Community



Passion that is driving the Program

“It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more 'manhood' to abide by thought-out principles rather than blind reflex. Toughness is in the soul and spirit, not in muscles and an immature mind.”

– Alex Karras



3 Reasons why we communicate

1. To enhance and/or create a positive memory.
2. To forget and/or work through a negative memory.
3. To change a result



Programs and Results

Programs that provide a safe space for people in need of mental health support, by helping them heal through creative processes.



What We Offer:

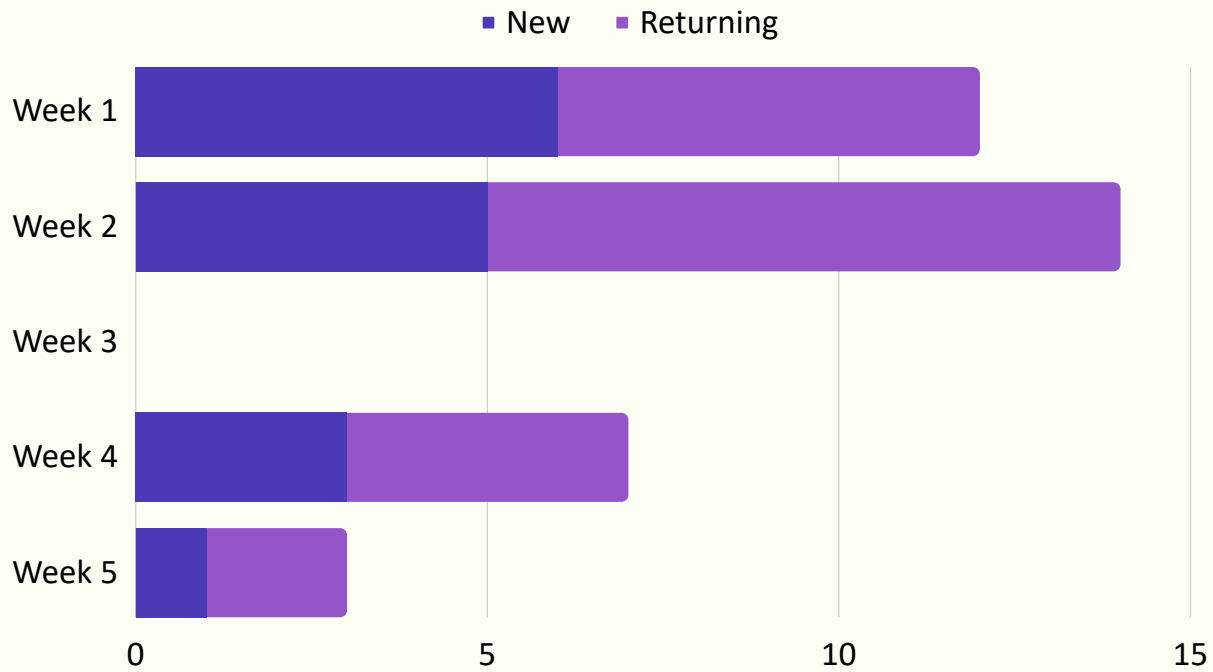
- Weekly/Daily Workshops and Support Meetings
- Drum Group
- Inmate Community Reintegration
- Parental Programming for Fathers
- Employment & Training Support
- Youth Mentoring
- Language and Cultural Teaching



36

In attendance for our activities for the Month of January

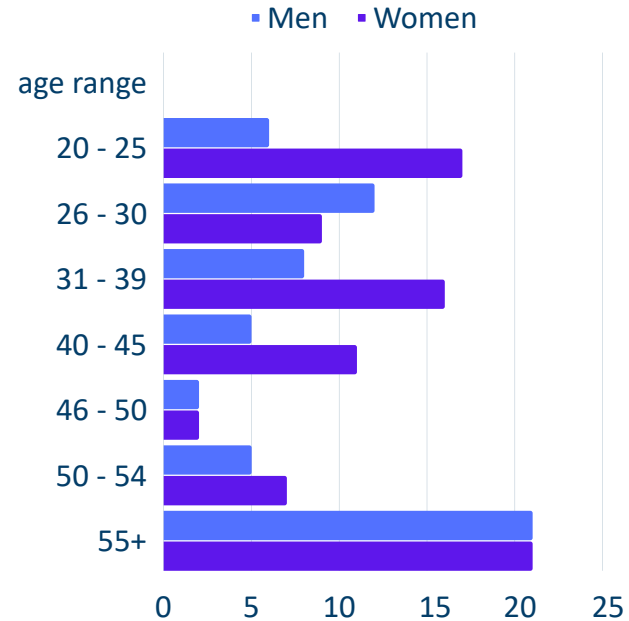
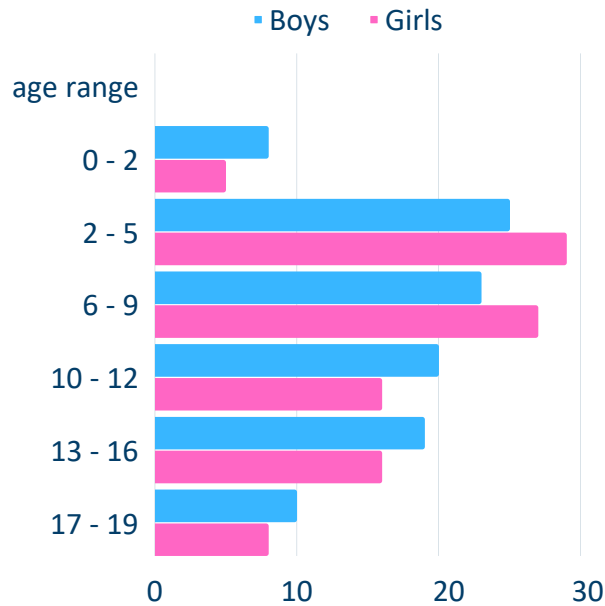
OUTDOOR PHYSICAL ACTIVITIES



A LOOK AT OUR NUMBERS

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

384



2 THINGS ABOUT THE PROGRAM

1) WE ARE NOT A THERAPEUTIC GROUP AND CANNOT GIVE SOUND ADVICE; WE OFFER ONLY IDEAS AND/OR SUGGESTIONS.

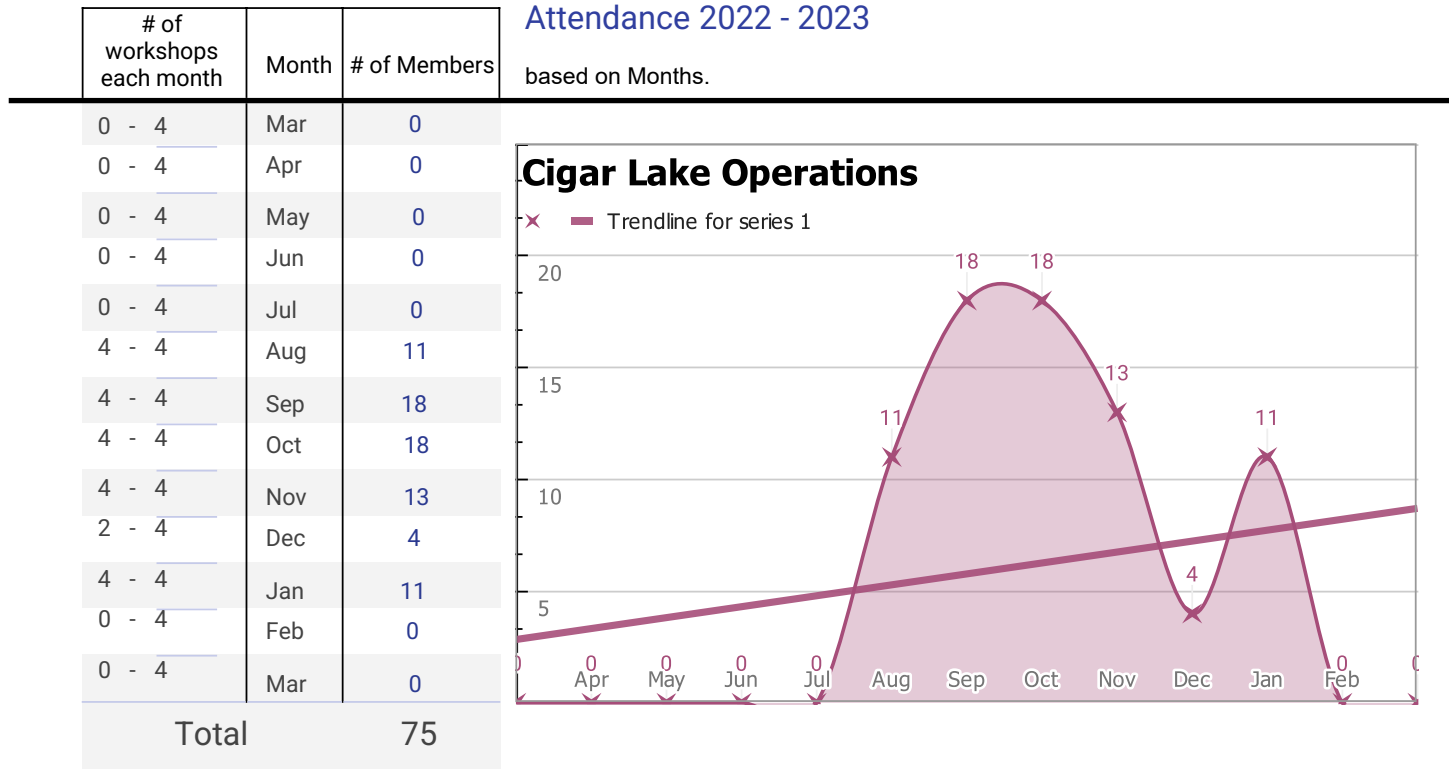
2) WE NEVER TAKE ON SOMEONE'S PROBLEM.

(WE DO NOT TAKE ANYTHING FROM SOMEONE, THAT THEY CAN DO FOR HIMSELF)



OVERVIEW - Cigar Lake Operations

ATTENDANCE TRACKING MONTHLY SYSTEM



OVERVIEW - TRI-COMMUNITY

Attendance 2022 - 2023

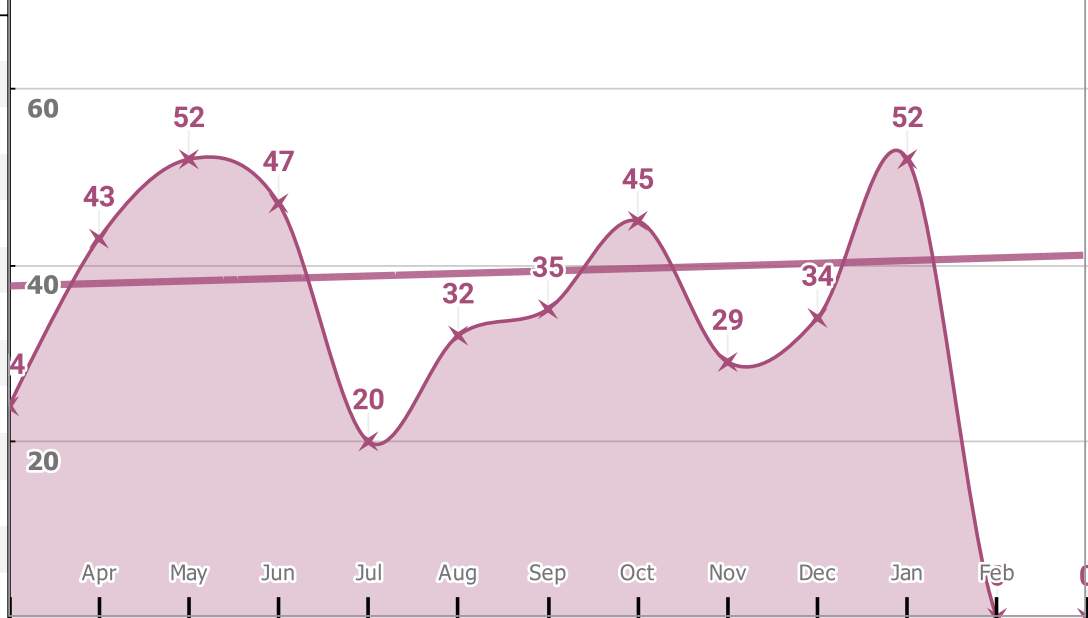
based on Months

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
5 - 5	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

Tri - Community Attendance

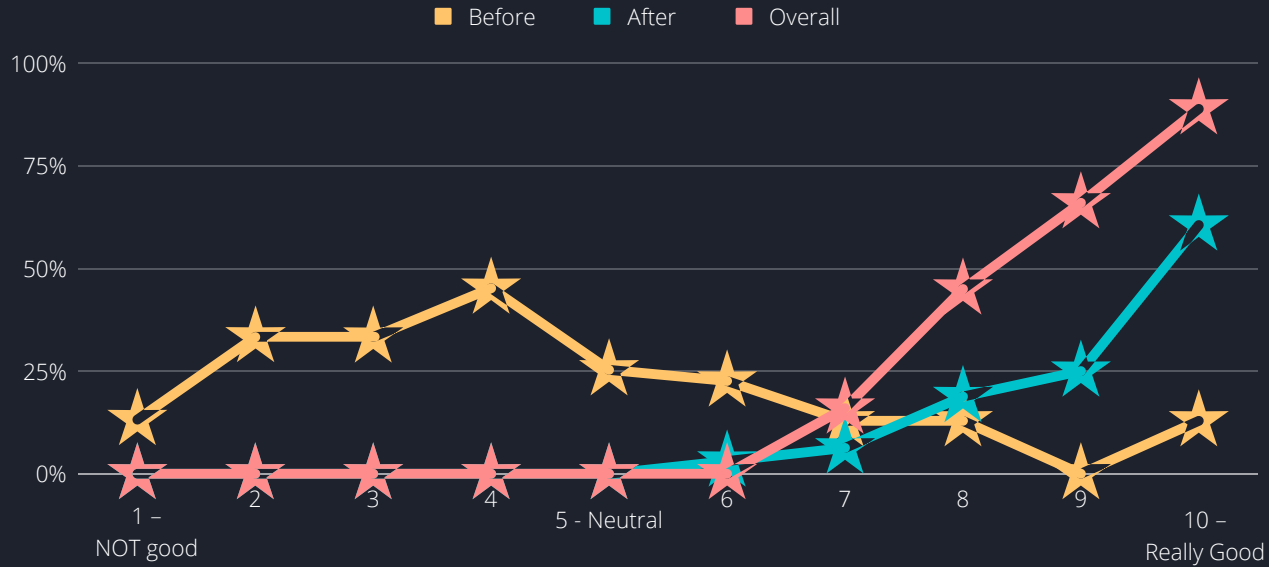
× — Trendline for series 1



TOTAL

413

Results from 309 Evaluation Form for both the Tri-community & Cigar lake Operations in 2022-2023



● 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

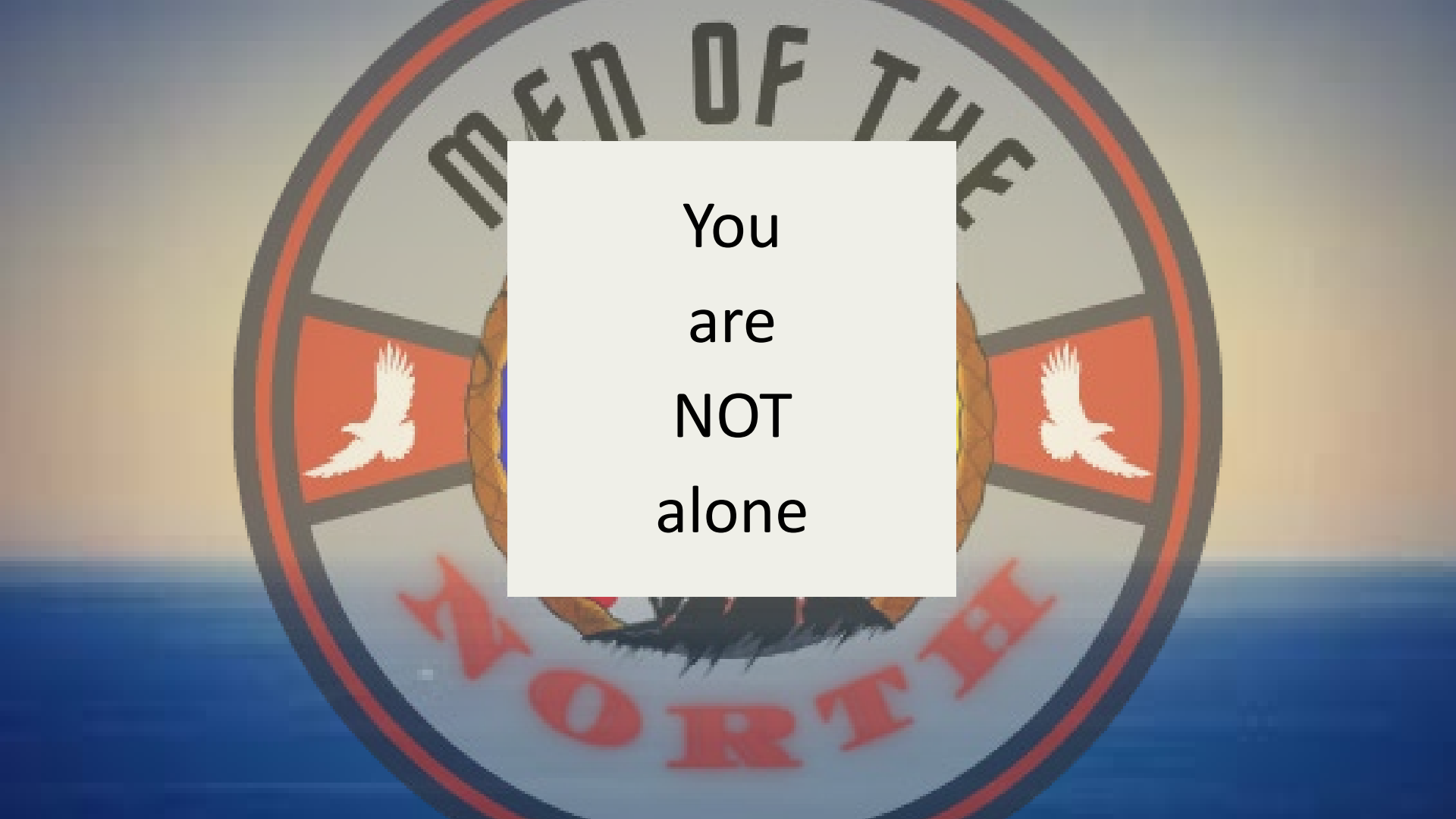
What is your overall of the Mental Health Workshop?

Membership Testimony

-Tim Hoenmans-

Things happen in life, like difficulties with work or finances, the breakdown of a relationship, overwhelming family responsibilities, or a significant setback. These challenges can take a serious toll on your mental health, if left unchecked. Many men tough it out and struggle alone.





You
are
NOT
alone

Don't hesitate
to seek
professional help.

We care about our
hearts, so why can't we
care for our minds?



Supported By:



Metis Nation
Saskatchewan



Cameco



AMNSIS



Thank you!



admin@menofthenorth.net



www.menofthenorth.net



+1-639-470-3476



Do you want |❤️Q| socks?

Become a QI Power Hour speaker!



[Visit our website to learn more!](#)



Post webinar survey

In the spirit of quality improvement, we will be sending out a survey after the webinar.

You may see this message, but don't be alarmed, our survey is on a trusted site!



External Site

The host or presenter would like Webex Meetings to open a website on your computer. Cisco is not responsible for the content or availability of external sites. We recommend that you make sure this website content is from a trusted source. If you view this page or go to this site, you will be subject to the privacy policy and terms and conditions of the destination site.

Destination site: <https://www.surveymonkey.com/r/XGTCXH>

Continue



Next up...

LEADING A TEAM THROUGH PROCESS MAPPING

With TAMI WALDRON

March 24, 2023

9:30 am – 10:30 am

To register, [visit our events page](#)

