



INVITATION TO ALL TTR WOMEN NEW SPORT INITIATIVE

Use of Sport as a Tool to Build a Healthy Alternative Path for Women at TTR

It has been identified that increasing physical activity and improving mental health are challenging for women at TTR. The lack of sports and recreation activities available in the community, as well as other social barriers, prevent women from joining a league.

This new TTR program seeks to create a women's sports program by adopting a multi-phased approach where phase one will support the hiring of a traditional mentor and coach to guide the creation of a sports initiative and to ensure the socialization and consultation with TTR women to identify which sport(s) is/are more suitable for this initiative moving forward.

The intention of this program is to open the discussion in the community through training, consultation, and feedback about the different social issues and barriers that women are encountering on an ongoing basis and how these issues can be addressed through sports.

We would like to invite you to be part of this initiative that is scheduled to begin in the Spring of 2024! Our first session will take place at the end of February.

Would you like to be part of this program?

Please complete the questionnaire on the second page so we can be prepared for the first Engagement Session. Women who complete the form will enter a special draw. You don't have to indicate your name if you don't want to, but you must keep the number in the top right corner.

**Invitation:
Introduction Meeting
TTR Sport Women
Initiative**

**Tuesday, February
13th
TTR Community Hall
09:30 AM**

**Please note that
lunch will be
provided at the end
of the meeting, and
we will have door
prices!**



QUESTIONNAIRE		Never	Sometimes	Occasionally	Frequently	Always
1.	I have happy feelings...	①	②	③	④	⑤
2.	I feel overwhelmed...	①	②	③	④	⑤
3.	I feel stress...	①	②	③	④	⑤
4.	I feel content and grateful for my life...	①	②	③	④	⑤
5.	I find myself doubting the purpose of life...	①	②	③	④	⑤
6.	I find it difficult to get to sleep at night...	①	②	③	④	⑤
7.	I wake in the night and find it difficult to get back to sleep...	①	②	③	④	⑤
8.	I've had dental problems...	①	②	③	④	⑤
9.	I've had digestion problems...	①	②	③	④	⑤
10.	I have migraine headaches...	①	②	③	④	⑤
11.	I've had drug problems/issues...	①	②	③	④	⑤
12.	I've had alcohol problems/issues...	①	②	③	④	⑤
13.	When I feel down, I wish I could end it all by simply dropping out of sight	①	②	③	④	⑤
14.	While in school I got pregnant...	①	②	③	④	⑤
15.	I have engaged in anorexic and/or bulimic behaviors...	①	②	③	④	⑤
16.	I've practiced sports	①	②	③	④	⑤
17.	I think about practicing a sport activity	①	②	③	④	⑤
18.	I encourage my kids/nephews to conduct healthy physical activities	①	②	③	④	⑤
19.	I'm aware of going-out-of-my-way to please my family...	①	②	③	④	⑤
20.	I argue with my boyfriend/husband/partner	①	②	③	④	⑤
21.	I'm happiest when I'm not around people...	①	②	③	④	⑤
22.	I feel different than my friends and family...	①	②	③	④	⑤
23.	I feel confident about who I am...	①	②	③	④	⑤
24.	I'm hard on myself and tend to feel I'm not good enough...	①	②	③	④	⑤
25.	I feel envious of others	①	②	③	④	⑤
26.	I have guilt feelings...	①	②	③	④	⑤
27.	I have feelings of sadness...	①	②	③	④	⑤
28.	I have angry feelings...	①	②	③	④	⑤
29.	I have worried feelings...	①	②	③	④	⑤
30.	I have fearful feelings...	①	②	③	④	⑤
31.	I find myself questioning the real intention of men in my life...	①	②	③	④	⑤
32.	I feel safe when I go to town...	①	②	③	④	⑤
33.	I feel safe at home...	①	②	③	④	⑤
34.	I feel safe in my community...	①	②	③	④	⑤
35.	I enjoy working with other women...	①	②	③	④	⑤
36.	I feel happy and comfortable in my community...	①	②	③	④	⑤
37.	I feel happy and proud to be an Indigenous women...	①	②	③	④	⑤
38.	I don't feel good about being an Indigenous women...	①	②	③	④	⑤