

## 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!



1.   I have happy feelings   0.   0.   0.   0.   0.   0.		<u> </u>					
2.       I feel overwhelmed       □ <th></th> <th>QUESTIONNAIRE</th> <th>Never</th> <th>Sometimes</th> <th>Occasionally</th> <th>Frequently</th> <th>Always</th>		QUESTIONNAIRE	Never	Sometimes	Occasionally	Frequently	Always
3. I feel stress	1.	I have happy feelings	1	2	3	4	(5)
4. If feel content and grateful for my life  5. If find myself doubting the purpose of life  6. If find it difficult to get to sleep at night  7. I wake in the night and find it difficult to get back to sleep  8. I've had dental problems  9. I've had digestion problems  10. 2 3 6 3 6 5 6 6 6 7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2.	I feel overwhelmed	1	2	3	4	(5)
5.         I find myself doubting the purpose of life         0<	3.	I feel stress	1	2	3	4	(5)
6. I find it difficult to get to sleep at night  7. I wake in the night and find it difficult to get back to sleep  8. I've had dental problems  9. I've had digestion problems/issues  10. I have migraine headaches  11. I've had alcohol problems/issues  12. I've had alcohol problems/issues  13. When I feel down, I wish I could end it all by simply dropping out of sight  14. While in school I got pregnant  15. I have engaged in anorexic and/or bulimic behaviors  16. I've practiced sports  17. I think about practicing a sport activity  18. I encourage my kids/nephews to conduct healthy physical activities  19. I'm aware of going-out-of-my-way to please my family  19. I'm aware of going-out-of-my-way to please my family  20. I argue with my boyfriend/husband/partner  10. 2. 3. 0. 3. 0. 3.  21. I'm happiest when I'm not around people  22. I feel different than my friends and family  23. I feel confident about who I am  24. I'm hard on myself and tend to feel I'm not good enough  25. I feel envious of others  26. I have guilt feelings  27. I have fearful feelings  28. I have anary feelings  29. I have fearful feelings  20. Q.	4.	I feel content and grateful for my life	1	2	3	4	(5)
7.         I wake in the night and find it difficult to get back to sleep         ○	5.	I find myself doubting the purpose of life	1	2	3	4	(5)
8.       I've had dental problems       ①       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ⑤       ④       ●       ●       ●       ● <td< td=""><td>6.</td><td>I find it difficult to get to sleep at night</td><td>1</td><td>2</td><td>3</td><td>4</td><td>(5)</td></td<>	6.	I find it difficult to get to sleep at night	1	2	3	4	(5)
9.         I've had digestion problems         ①         ②         ③         ②         ③         ②         ③         ②         ③         ②         ③         ②         ③         ②         ③         ②         ③         ②         ③         ③         ③         ③         ③         ③         ③         ③         ③         ③         ③         ③         ④         ③         ④         ③         ④         ③         ④         ● <t< td=""><td>7.</td><td>I wake in the night and find it difficult to get back to sleep</td><td>1</td><td>2</td><td>3</td><td>4</td><td>(5)</td></t<>	7.	I wake in the night and find it difficult to get back to sleep	1	2	3	4	(5)
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11.       I've had drug problems/issues       ①       ②       ③       ④       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ②       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ●       ●       ●       ●	9.	I've had digestion problems	1	2	3	4	(5)
12.       I've had alcohol problems/issues       ①       ②       ③       ④       ③       ④       ③       ④       ③       ④       ③       ④       ②       ④	10.	I have migraine headaches	1	2	3	4	(5)
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25.       I feel envious of others       ① ② ③ ④ ⑤         26.       I have guilt feelings       ① ② ③ ④ ⑥         27.       I have feelings of sadness       ① ② ③ ④ ⑥         28.       I have angry feelings       ① ② ③ ④ ⑥         29.       I have worried feelings       ① ② ③ ④ ⑥         30.       I have fearful feelings       ① ② ③ ④ ⑥         31.       I find myself questioning the real intention of men in my life       ① ② ③ ④ ⑥         32.       I feel safe when I go to town       ① ② ③ ④ ⑥         33.       I feel safe at home       ① ② ③ ④ ⑥         34.       I feel safe in my community       ① ② ③ ④ ⑥         35.       I enjoy working with other women       ① ② ③ ④ ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	23.	I feel confident about who I am	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 ⑥         29.       I have worried feelings       ① ② ③ ④ ⑥         30.       I have fearful feelings       ① ② ③ ④ ⑥         31.       I find myself questioning the real intention of men in my life       ① ② ③ ④ ⑥         32.       I feel safe when I go to town       ① ② ③ ④ ⑥         33.       I feel safe at home       ① ② ③ ④ ⑥         34.       I feel safe in my community       ① ② ③ ④ ⑥         35.       I enjoy working with other women       ① ② ③ ④ ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	24.	I'm hard on myself and tend to feel I'm not good enough	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 ⑥         29.       I have worried feelings       ① ② ③ ④ ⑥         30.       I have fearful feelings       ① ② ③ ④ ⑥         31.       I find myself questioning the real intention of men in my life       ① ② ③ ④ ⑥         32.       I feel safe when I go to town       ① ② ③ ④ ⑥         33.       I feel safe at home       ① ② ③ ④ ⑥         34.       I feel safe in my community       ① ② ③ ④ ⑥         35.       I enjoy working with other women       ① ② ③ ④ ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	25.	I feel envious of others	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 ⑥         31. I find myself questioning the real intention of men in my life       ① ② ③ ④ ⑥         32. I feel safe when I go to town       ① ② ③ ④ ⑥         33. I feel safe at home       ① ② ③ ④ ⑥         34. I feel safe in my community       ① ② ③ ④ ⑥         35. I enjoy working with other women       ① ② ③ ④ ⑥         36. I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37. I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	26.	I have guilt 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 ⑥         33.       I feel safe at home       ① ② ③ ④ ⑥         34.       I feel safe in my community       ① ② ③ ④ ⑥         35.       I enjoy working with other women       ① ② ③ ④ ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	27.	I have feelings of sadness	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 ⑥         33.       I feel safe at home       ① ② ③ ④ ⑥         34.       I feel safe in my community       ① ② ③ ④ ⑥         35.       I enjoy working with other women       ① ② ③ ④ ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	28.	I have angry feelings	1	2	3	4	(5)
31.I find myself questioning the real intention of men in my life① ② ③ ④ ⑤32.I feel safe when I go to town① ② ③ ④ ⑤33.I feel safe at home① ② ③ ④ ⑤34.I feel safe in my community① ② ③ ④ ⑥35.I enjoy working with other women① ② ③ ④ ⑥36.I feel happy and comfortable in my community① ② ③ ④ ⑥37.I feel happy and proud to be an Indigenous women① ② ③ ④ ⑥	29.	I have worried feelings	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 ⑥         35.       I enjoy working with other women       ① ② ③ ④ ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	30.	I have fearful feelings	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 ⑥         36.       I feel happy and comfortable in my community       ① ② ③ ④ ⑥         37.       I feel happy and proud to be an Indigenous women       ① ② ③ ④ ⑥	31.	I find myself questioning the real intention of men in my life	1	2	3	4	(5)
34.I feel safe in my community①②③④⑤35.I enjoy working with other women①②③④⑤36.I feel happy and comfortable in my community①②③④⑤37.I feel happy and proud to be an Indigenous women①②③④⑤	32.	I feel safe when I go to town	1	2	3	4	(5)
35. I enjoy working with other women  1 enjoy working with other women  3 enjoy working with other women  1 enjoy working with other women  1 enjoy working with other women  2 3 4 5  37. I feel happy and proud to be an Indigenous women  2 3 4 5	33.	I feel safe at home	1	2	3	4	(5)
36.I feel happy and comfortable in my community①②③②③④37.I feel happy and proud to be an Indigenous women①②③④⑤	34.	I feel safe in my community	1	2	3	4	(3)
37. I feel happy and proud to be an Indigenous women 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)
38. I don't feel good about being an Indigenous women 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)