



## INVITATION TO ALL TTR WOMEN NEW SPORT INITIATIVE

Increasing physical activity and wellness have been challenging areas for many women living at TTR due to limited sporting opportunities for women in the community. The lack of sports and recreation activities have prevented TTR women from becoming involved in sports, being on local teams and have prevented women sports leagues to develop. To address this situation, TTR has developed the TTR Women's Sport Initiative to support the development of Women's sporting opportunities in the community.

This program intends to open the discussion in the community through training, consultation, and feedback about the different social issues and barriers that particularly women are encountering on an ongoing basis and how these issues can be addressed through active involvement in a sports program that is attainable and sustainable. The main goal of this initiative is to create the first women's sports league at TTR.

TTR and many other First Nations are experiencing a high level and growing systemic issues associated with all forms of violence against women and girls, including the impacts of the disappearance of community women. TTR is also dealing with the physical and mental health decline, especially amongst the most vulnerable population, and considering the lack of access to healthier living options; we believe this program can support women as it is much needed in the community.

### **MAY 21st, 2024 MEETING Coming Up:**

We will discuss the following areas:

- Revision of Session 1;
- Suicide Prevention, Safe and Healthy Relationships and Sexual Positivity
- How can Sport help us to address mental health issues.

## INVITATION

### **TTR Sport Women Initiative**

**Tuesday, May 21st  
TTR Hall  
05:30 to 07:30 PM**

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