

INTERNATIONAL WOMEN'S DAY

MARCH, 2026

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EMPOWERING WOMEN IN OUR COMMUNITY

BY AMR AL TURK

Every year on March 8, Canada joins the world in celebrating International Women's Day, a time to recognize the achievements of women and girls, reflect on progress toward gender equality, and renew our commitment to the work that remains.

In Canada, International Women's Day is recognized by the Government of Canada through Women and Gender Equality Canada (WAGE), the federal department dedicated to advancing gender equality. This day is not only about celebration—it is also about action. Empowering women strengthens families, communities, and society as a whole.

The State of Women in Canada

According to Statistics Canada (2024), 85% of Canadian women aged 25–54 participated in the labour force, demonstrating strong engagement in the workforce. Despite this progress, gender-based economic disparities remain. Data from Women and Gender Equality Canada (2024) shows that women earn approximately 87 cents for every dollar earned by men in comparable work. In addition, women remain underrepresented in leadership roles, holding about 43% of middle management positions and only 31% of senior management roles in Canada (Gueye, 2024).

Many women continue to face barriers such as economic insecurity, wage gaps, and gender-based violence. Immigrant, racialized, and Indigenous women, as well as single mothers, may experience additional challenges in accessing stable housing, employment opportunities, and essential services.

Empowerment Starts in the Community

At Five Save Life, we see how empowerment changes lives. Supporting women through education, employment, housing, and access to services helps build confidence and stability. For many newcomer and single mothers, gaining information and support can reduce stress and open new opportunities.

When women gain stability and confidence, families grow stronger, and communities thrive. Empowering women is not only a goal, it is a shared responsibility for all of us.

BENEFITS

WOMEN'S SHELTERS & EMPLOYMENT SUPPORT (FOR ABUSE SURVIVORS)

One major benefit of ShelterSafe is that it helps women and their children who are experiencing abuse or violence find a safe place to stay quickly. The website provides an easy-to-use map that shows the locations of shelters across Ontario along with their contact numbers. This allows people to quickly connect with nearby shelters and get immediate help, safety, and support.

ShelterSafe also helps individuals access important services such as counselling, emotional support, and information about legal and community resources. Making shelter information easy to find online, it helps people in dangerous situations reach support services faster and move toward a safer and more stable life. These helplines are free and confidential. You can talk to someone 24 hours a day no matter where you are in the province.

The helpline offers:

- Emergency housing
- Counselling
- Employment and financial independence programs
- Legal and safety support
- someone to talk to
- crisis counselling
- emotional support
- safety planning
- legal information
- other assistance

Helpline Number

- Canada Suicide Crisis help number 988
- Canada Shelter helpline number 211

RESOURCE

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WOMEN'S DAY

INTERNATIONAL WOMEN'S DAY
WATCH THE WORKSHOP

INTERNATIONAL
WOMEN'S DAY GAMES

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