

International Women's Day – A day to celebrate the achievements of women.

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Southeast, Saskatchewan – March 8th is annually recognized as International Women's Day. It is an occasion marked by women's groups all over the world to celebrate women's efforts over the years to attain justice and equality for themselves and their children. Every year, thousands of events are held throughout the world to inspire women and celebrate their achievements. This year, Canada's theme for International Women's Day is ***Equality Matters***. A world that embraces equality is a world that is beneficial for everyone.

Equality is good for the economy, children and democracy. Research from the *National Democratic Institute* shows that women in politics raise issues that others overlook, pass bills that others oppose, invest in projects others dismiss and seek to end abuses that others ignore. Equality encourages both young girls and boys to recognize their potential at an early age instead of being discouraged by outdated gender stereotypes.

International Women's Day is a day when women, often divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate. This day represents decades of struggle for equality, justice, peace and development. It is rooted in the timeworn struggle of women to participate in society on an equal footing with men. International Women's Day is the story of ordinary women as creators of history.

To celebrate this day, during a year where equality seems more vital than ever, Envision Counselling and Support Centre asks, *why is equality important to you?* We encourage you to join the conversation and share why you think equality matters with us on Facebook and Twitter.

Visit Envision's website at www.envisioncounsellingcentre.com to find out more about what services are currently being offered.

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