

Reflections on the Marche Mondiale des Femmes 2025: A Wake-Up Call for Solidarity and Change

On October 18th, I had the privilege of participating in the Marche Mondiale des Femmes in Quebec City, an event that left a profound impact on me both personally and professionally. As we gathered at Parc de la Francophonie, I was struck by the diversity of motivations among the participants. Some were inspired by the strength and resilience of their mothers or female relatives, while others were driven by a deep commitment to advancing women's rights, not only in Canada but around the world.

The march was a powerful display of unity, with various unions joining forces and carrying signs that highlighted the urgent challenges women face globally. Issues such as access to abortion, quality education, proper hormonal treatment and its side effects, breast cancer awareness, and the rights and acceptance of transgender women were brought to the forefront. It was enlightening—and at times heartbreaking—to hear the facts and stories shared by those in attendance.

One of the most moving moments was the symbolic cemetery, where real women's names were displayed to represent victims of domestic violence. The sheer number of names was shocking and served as a stark reminder of the urgent need for change. I found myself reflecting on how easy it is to overlook these tragedies in daily life, and how important it is to keep their stories alive in our collective memory.

The march also drew attention to international issues, such as the crimes committed against women and young girls in Iran. Hearing about those who have been tortured or killed for defying the regime's dress code—regardless of their religion—was deeply disturbing. It reinforced my belief that the fight for women's rights must be global and intersectional.

Solidarity with Palestine was another prominent theme, with participants highlighting the tragic loss of life among babies, children, and women over the past two years. The use of symbolic representations, such as dolls and fake blood, was a poignant reminder of the suffering endured by civilians in conflict zones.

Other groups raised awareness about the crimes faced by women who have been drugged, and the ongoing issue of non-consensual sex, which continues to traumatize many and lead to significant mental health challenges. These stories were difficult to hear, but they underscored the importance of advocacy and support for vulnerable female groups.

Throughout the march, I was reminded of our collective responsibility to support and uplift women everywhere. The event was a wake-up call, highlighting the numerous challenges women face and reinforcing the importance of standing together in the fight for justice and equality.

Personally, participating in the march was more than just an act of solidarity—it was an opportunity to connect with colleagues from various unions and to feel the strength of our shared purpose. I left the event feeling inspired, but also aware of the work that remains to be done. The Marche Mondiale des Femmes was a powerful reminder that change is possible when we come together, raise our voices, and refuse to be silent.