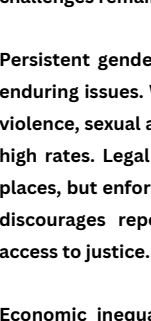




March
INTERNATIONAL
WOMEN'S DAY



CANADIAN HISPANIC CONGRESS VOL. 03 | MARCH 2026



Dear friends of the Canadian Hispanic Congress,
It is March, the month dedicated to celebrating women everywhere!
Celebrate the women in your life and join us in our celebrations.
Warmly,
Monique Forster
President
Canadian Hispanic Congress

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International Women's Day 2026 - Much Remains to Be Done for Women's Human Rights

Much remains to be done for women's human rights... Over the past 100 years, many legal gains have been made for women, but several core human rights challenges remain largely unchanged.

Persistent gender-based violence is one of the most enduring issues. Women worldwide still face domestic violence, sexual assault, trafficking, and harassment at high rates. Legal protections have improved in many places, but enforcement is often weak, cultural stigma discourages reporting, and many women still lack access to justice.

Economic inequality also continues. Women remain more likely to earn less than men for comparable work, hold fewer leadership positions, and perform a disproportionate share of unpaid care work, such as childcare and elder care. This structural imbalance limits economic independence and long-term financial security.

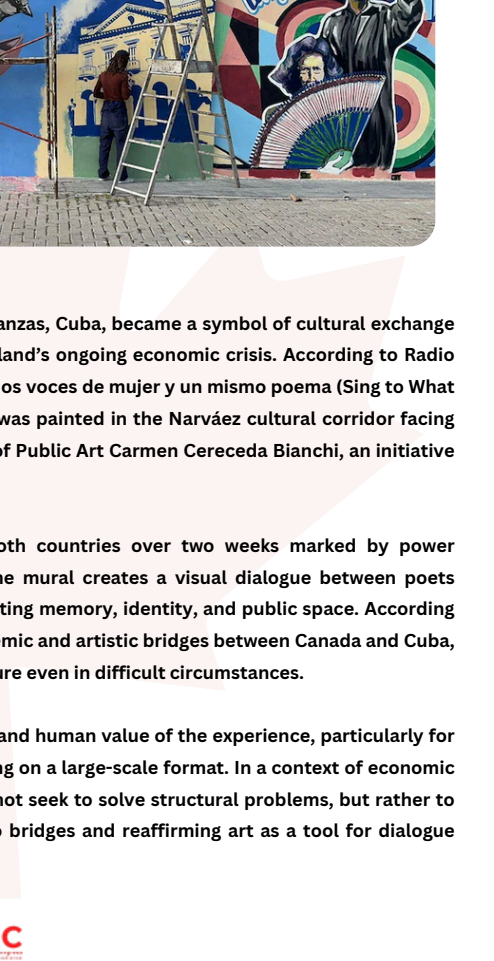
Political underrepresentation has also changed slowly. While women gained voting rights and eligibility for office in many countries during the 20th century, they still hold a minority of political leadership positions globally. Decision-making power in governments, corporations, and major institutions remains largely male-dominated.

Another ongoing issue is control over reproductive rights and bodily autonomy. Debates over contraception, abortion access, maternal healthcare, and reproductive decision-making continue worldwide. In some regions, women still lack the legal or practical ability to make independent choices about their own bodies and health.

Cultural and social expectations have also proven persistent. Gender stereotypes about women's roles—as primary caregivers, less suited for leadership, or responsible for maintaining family and social norms—continue to influence education, employment opportunities, and everyday treatment.

Finally, legal equality does not always translate into lived equality. Even where laws guarantee equal rights, women may face discrimination in courts, workplaces, and communities due to entrenched social norms, economic barriers, and weak institutional protections.

In summary, while formal rights have expanded over the past century, many underlying structures—violence, economic inequality, limited political power, contested bodily autonomy, and persistent gender norms—continue to shape women's human rights experiences today.



A Mural Defies the Embargo: Public Art Between Cuba and Canada



A collaborative mural created in February in Matanzas, Cuba, became a symbol of cultural exchange between Cuban and Canadian artists amid the island's ongoing economic crisis. According to Radio Canada, the artwork, titled *Canto a lo que amas: dos voces de mujer y un mismo poema* (Sing to What You Love: Two Women's Voices and One Poem), was painted in the Narváez cultural corridor facing the Malecón, as part of the International School of Public Art Carmen Cereceda Bianchi, an initiative led from Montreal.

The project brought together creators from both countries over two weeks marked by power outages, shortages, and logistical challenges. The mural creates a visual dialogue between poets Gabriela Mistral and Carilda Oliver Labra, connecting memory, identity, and public space. According to its organizers, the initiative aims to build academic and artistic bridges between Canada and Cuba, demonstrating that cultural cooperation can endure even in difficult circumstances.

Participating artists emphasized the educational and human value of the experience, particularly for young creators who faced the challenge of working on a large-scale format. In a context of economic hardship and financial isolation, the mural does not seek to solve structural problems, but rather to offer a symbolic gesture: transforming walls into bridges and reaffirming art as a tool for dialogue and cultural resilience, Radio Canada reported.



Canada-US Trade Talks Have Restarted

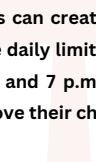


According to CBC News, trade negotiations between Canada and the United States have resumed after being suspended in October by U.S. President Donald Trump. Canada's Trade Minister Dominic LeBlanc met in Washington, D.C., with U.S. Trade Representative James Greer to restart discussions affecting the two countries' massive \$1.3-trillion annual trading relationship.

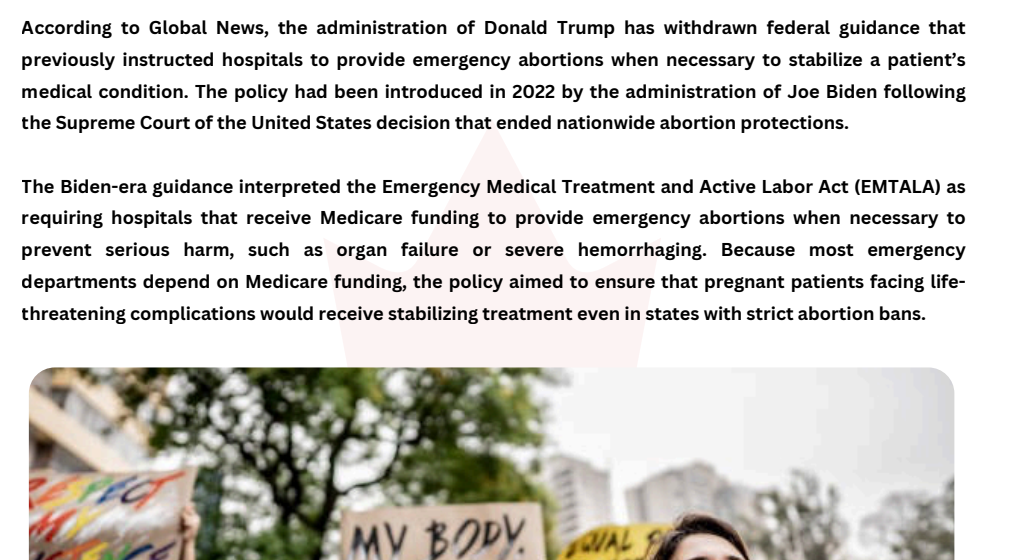
The talks take place at a critical moment, as the Canada–United States–Mexico Agreement (CUSMA) approaches renegotiation. At the same time, the United States has imposed tariffs on several Canadian exports, including steel, aluminum, automobiles, lumber, copper products, and kitchen cabinets. Canada hopes negotiations will address these tariffs while maintaining key elements of the trade agreement.

However, the United States is pushing for significant changes. These include increased access to Canada's dairy market and the removal of rules requiring American streaming platforms to support Canadian content production. Additional uncertainty surrounds potential new tariffs and threats to withdraw from or restructure CUSMA into separate agreements with Canada and Mexico.

Experts say the return to face-to-face negotiations is an encouraging development because it signals that the U.S. may begin outlining its demands more clearly. Canada has also appointed new leadership for the negotiations, including chief trade negotiator Janice Charette and ambassador Mark Wiseman, as reported by CBC News.



Canada announces new chief trade negotiator to the United States



Canadian Prime Minister Mark Carney has appointed veteran public servant Janice Charette as Canada's next chief trade negotiator with the United States, according to Reuters. The appointment comes ahead of the upcoming joint review of the Canada–United States–Mexico Agreement (CUSMA), which must be completed by a July 1 deadline.

Charette will serve as a senior advisor to the Prime Minister and to Dominic LeBlanc, the Minister responsible for Canada–U.S. trade. Her role will focus on guiding Canada's strategy during negotiations with Washington, as the trade agreement faces renewed scrutiny.

Canada is highly dependent on trade with the United States, which accounts for roughly 70 per cent of Canadian exports. CUSMA has so far helped protect much of Canada's trade from U.S. tariffs, making the upcoming review particularly significant for Canadian industries and workers.

Carney praised Charette's extensive background in diplomacy and public policy, noting her four decades of experience and leadership within Canada's public service. Charette has previously served twice as clerk of the Privy Council and secretary to the Cabinet, the highest-ranking position in Canada's civil service.

The government says her appointment is intended to strengthen trade and investment ties between the two countries while safeguarding Canadian economic interests, Reuters reported.



Immigration Program Will Grant 33,000 Foreign Workers Permanent Residence



Canada has launched a new one-time immigration initiative that will grant permanent residence to 33,000 temporary foreign workers over the next two years, according to CIC News. The program, announced in the federal budget and confirmed in Canada's Immigration Levels Plan, aims to help workers already contributing to the country transition from temporary to permanent status.

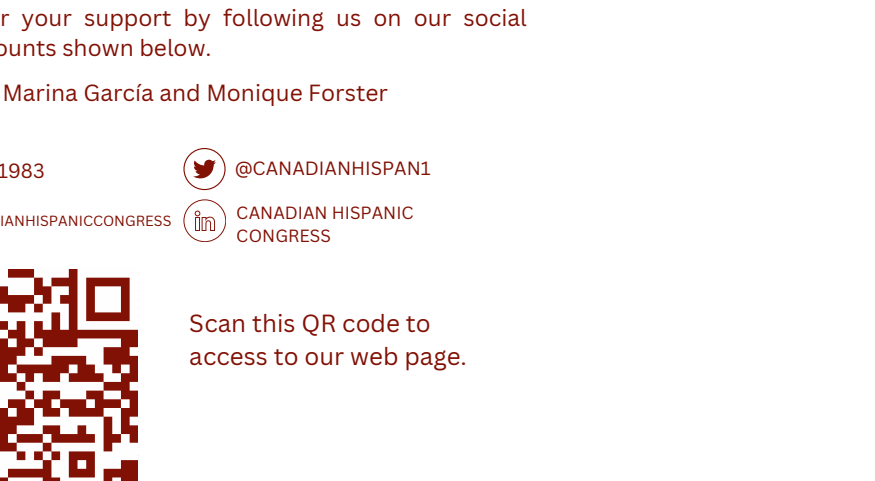
Immigration Minister Lena Metlege Diab stated that the initiative has already been quietly launched, although more details about eligibility requirements and the application process are expected later. The pathway will primarily target temporary foreign workers employed in sectors facing labor shortages, particularly those living and working in rural communities.

The new pathway comes as many temporary residents in Canada face the expiration of their work or study permits. While some may be able to extend their status, others risk having to leave the country if they do not qualify for renewal.

The initiative is part of a broader strategy by the Canadian government to reduce the number of temporary residents while maintaining immigration targets. Recent policies have limited study permits, restricted certain work permits, and tightened eligibility rules for programs like post-graduation work permits. These measures have already led to declines in the number of international students and temporary foreign workers entering Canada, as reported by CIC News.



Canada is limiting the number of online passport renewals—here is how to get yours through



Canada has introduced a daily cap on online passport renewal applications, limiting how many people can start the process each day. While Canadians can create an online account at any time, they will only be able to begin their renewal application if the daily limit has not been reached. According to CIC News, the application cap resets twice daily at 7 a.m. and 7 p.m. Eastern Time, and applicants are encouraged to apply immediately after these times to improve their chances.

The cap applies only to online renewals. Canadians can still renew their passports by mail or in person at passport offices or Service Canada centres. Current service standards are approximately 20 business days for online and mail applications, and 10 to 20 business days for in-person applications, depending on location. These timelines do not include mailing time.

Immigration, Refugees and Citizenship Canada (IRCC) has warned that processing delays may occur due to Canada Post labour disruptions. Applicants with urgent travel needs can request expedited passport processing in person, provided they submit proof of imminent travel.

Trump to Revoke Guidance to Hospitals to Provide Emergency Abortions

According to Global News, the administration of Donald Trump has withdrawn federal guidance that previously instructed hospitals to provide emergency abortions when necessary to stabilize a patient's medical condition. The policy had been introduced in 2022 by the administration of Joe Biden following the Supreme Court of the United States decision that ended nationwide abortion protections.

The Biden-era guidance interpreted the Emergency Medical Treatment and Active Labor Act (EMTALA) as requiring hospitals that receive Medicare funding to provide emergency abortions when necessary to prevent serious harm, such as organ failure or severe hemorrhaging. Because most emergency departments depend on Medicare funding, the policy aimed to ensure that pregnant patients facing life-threatening complications would receive stabilizing treatment even in states with strict abortion bans.

The Trump administration stated it would no longer enforce this interpretation, arguing that the previous guidance created legal confusion. The decision has raised concerns among physicians and reproductive rights advocates who fear that hospitals in states with strict abortion laws may hesitate to provide emergency procedures, potentially endangering patients experiencing pregnancy-related crises.

Meanwhile, anti-abortion groups welcomed the move, claiming the earlier policy was used to expand abortion access in states where it had been restricted, Global News reported.

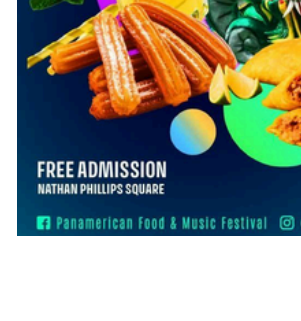
Five tips for landing your first job in Canada after graduating as an international student

Breaking into the Canadian job market can be especially challenging for international graduates working under Post-Graduation Work Permits (PGWPs), as many lack Canadian work experience and established professional networks, according to CIC News. Even Canadian-born graduates face employment difficulties, making the transition more complex for international students.

CIC News highlights several key strategies to improve job search success. One of the most important is targeting a specific role rather than approaching employers with vague or overly broad goals. Job seekers who clearly define their desired position and title are more credible to recruiters and hiring managers. Similarly, having a realistic salary range based on market research is essential, as it allows recruiters to advocate effectively on a candidate's behalf.

The outlet also emphasizes the importance of developing a strong elevator pitch. Graduates should be able to clearly communicate their skills, strengths, and professional value in 30 seconds or less, using confident and concise language.

Another highly effective strategy is conducting informational interviews. These conversations allow job seekers to gain industry insights, receive advice, and expand their professional networks. Finally, CIC News encourages graduates to inform friends, family, and acquaintances about their job search, noting that opportunities often arise through unexpected connections.



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Join our campaign!
Send a photo showing your face and providing ♀ on your hand to:
president@canadianhispaniccongress.com
Until March 31st!

And we'll share it on our socials!
Canadian Hispanic Congress

THE CANADIAN HISPANIC CONGRESS INVITES YOU TO THE:

16TH CONFERENCE PRO-EMPOWERMENT OF WOMEN

SUNDAY, 22 MARCH 2026

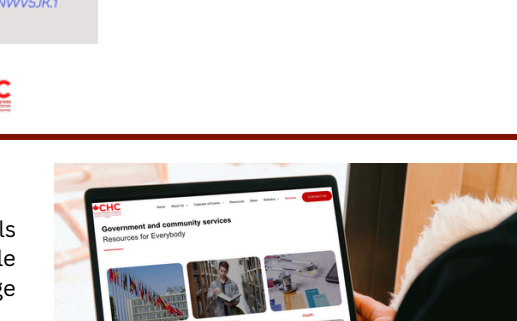
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AT 15:00HRS EST
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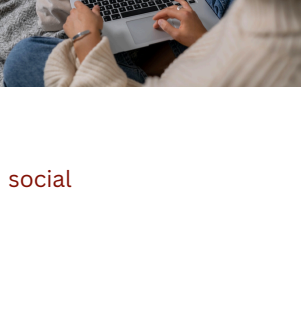
Resources for Everybody

The Canadian Hispanic Congress displays details about government and community services available to all. From health and employment to free language courses and immigration assistance. For more information, visit:
<https://canadianhispaniccongress.com/education/>



CHC Community Services

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the different resources and supports for the entire family.

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Edited by: Marina García and Monique Forster

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