

MARCH 8TH 2022



International Women's Day

Women comprise half of the global population and have a significant influence on the well-being of their families, communities, and economy.

Imagine a gender equal world that's free of bias, stereotypes, and discrimination.

Together we can forge women's equality, celebrate women's achievements, and break the gender bias.

To learn more about IWD 2022 and #BreakTheBias visit: www.internationalwomensday.com

#BreakTheBias: What Can We Do

- Celebrate women forging change
- Forge women's empowerment worldwide
- Empower women's choices in health
- Build workplaces where women can thrive
- Uplift and support women in pregnancy, birth, and motherhood

#BreakTheBias for Women Struggling with Substance Use

- **The Women and Harm Reduction International Network (WHRIN)** highlights the lack of balance surrounding the sexual, reproductive health, and parenting rights experienced by women who use substances.
- A significant proportion (ranging from at least 15% up to nearly half depending on country/region) of all people who use substances in the world are women.
- Many women report that they feel excluded from existing harm reduction activities, especially those who are pregnant or who have children, trans and/or non-binary women, sex workers and incarcerated women.
- Being able to seek health services, support and information without fear of reprisal is key to realizing sexual and reproductive health and parenting rights for women who use substances.
- To learn more visit: <https://whrin.site/>



#BreakTheBias: Be Inclusive

- **March** also celebrates **LGBTQ+ Health Awareness Week (3/21-3/25)!**
- Transgender women are women and should always be included in any conversation about women without needing to justify their presence or fulfill requirements.
- HRC.org defines "trans" as an umbrella term for people whose gender identity is different from the sex assigned to them at birth
- The trans experience also includes those who are non-binary, genderqueer, or gender fluid, or any number of other expansive ways people who aren't exclusively female or male claim or reclaim their gender/s.



Are you struggling to reduce or stop your substance use while pregnant or parenting? You are not alone.

CT Department of Mental Health and Addiction Services

Women's REACH Program

CT 24/7 Treatment Access Line:
1-800-563-4086

DMHAS Addiction Services Bed Availability

CT Community for Addiction Recovery

CT PROUD Program

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