

Accelerate Action

International WOMEN'S DAY

Luncheon



March 7, 2025

11:00-2:30 pm

Parry Sound Friendship Centre

Tickets \$20 in advance

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#AccelerateAction #IWD

Lunch offered by the
Parry Sound Friendship Centre



Pamela Cross is a feminist lawyer; a well-known and respected expert on violence against women and the law. She works as a researcher, writer, educator and trainer with women’s equality and violence against women organizations across Canada. Pam will be talking about her new book, “And Sometimes They Kill You” exploring the question of why we have failed to respond effectively to intimate partner violence, a social problem that affects millions of women and children? The book untangles what it is, the barriers to its eradication, and what we could be doing to eliminate those barriers. Learn more about Pamela Cross [here](#)

Jiana Cutting is a certified mindfulness meditation teacher receiving her training from the Mindfulness Meditation Teacher Certification Program developed by Jack Kornfield and Tara Brach and offered by the Awareness Training Institute and Sounds True.

She grew up in sunny California and she and her partner Wayne moved to Muskoka, Ontario, Canada in 1995. While raising a blended family of 4 daughters she went to work at the YWCA Muskoka, a local non-profit whose mission is to see all women and girls thriving.

Mindfulness has taught her to truly accept who she is - messiness and all - and see clearly the circumstances of this life and then to move forward with wisdom and compassion - the two wings of mindfulness - for herself and others. She regularly leads two local mindfulness groups, facilitates intro to mindfulness and self-compassion, radical self-love programs, and is Treasurer for the non-profit organization, The Centre for Mindfulness in Muskoka.

As a settler to the Muskoka area, in the traditional land of the Anishnaabeg people, Jiana's people are Hawaaiian, Scots/Irish folks, and she is a heterosexual woman with cisgender privilege. She is an advocate for mental health and addiction awareness.



Delores McKay’s Spirit Name is “Shingwaukones”, which means “Little Pine.” She is proud to be Mukwa Dodem, Bear Clan, and is a member of Mattagami First Nation. She is a mother of five children, grandmother of 10 grandchildren, and has one great-grandson who entered the physical realm on December 2021. Delores is currently Executive Director of the Parry Sound Friendship Centre. She enjoys the opportunity to work with youth, adults, and Elders, and is working on the development of a new facility. Miigwetch to Delores for joining us as the Elder for the event.

Jennifer Bouwmeester RN, BScN, MClSc - Director of Women's Services for the District of Parry Sound Social Service Administration Board. Jennifer has dedicated her career to public health and population health promotion, with a focus on the health and well-being of children and families. She has decades of experience working with clients who suffer from addictions, implementing comprehensive school health initiatives, coordinating clinical interventions for infectious disease prevention, and most recently, managing intimate partner violence supports and services. Jennifer is dedicated to ensuring that our health and social service systems are structured to reach the most vulnerable members of our community.



The Nibi-Kwe-Wag drummers will open and close the luncheon in a good way - Miigwech to them all for sharing their gifts with us!