



A campaign by United Way of the Lower Mainland  
March 7 – April 4, 2019



Periods might be tough to talk about sometimes, but they are just a fact of life. And monthly menstruation products are a necessity. But, if you're living in poverty – or vulnerable in other ways – access to products can be challenging.

**Help us collect period products for those in need.**



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# Make your Period Promise today.



Nobody should have to pick between feeding their family and buying basic hygiene products. But, too many people are forced to make these kinds of tough choices. Too many young girls and vulnerable kids are missing school because they don't have period products. Too many are scrambling to use old cloth scraps or have to ask others for help.

## Nearly 1 in 4 Canadian women

has struggled to buy period products for themselves, or their children.

**Period Promise** is an easy way to help vulnerable people live with the dignity we all deserve.

**Donate products today.**

Find out more at:  
[periodpromise.ca](http://periodpromise.ca)



Presenting sponsor



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