

# Help us create healthier, more caring and inclusive communities!



## COLLECT

Unopened boxes of **tampons, pads, cups,** and new **reusable pads.**

Visit the website for your virtual campaign tool kit to get started!

Great places to host your collection:

- Workplace/Business
- Union
- School
- Community group
- Friends
- Family
- Your neighborhood
- Social & Human Service Organizations
- Facebook group
- Any many more! Get creative!

## ADVOCATE

**Periods are a fact of life.** If you're living in poverty – or vulnerable in other ways – access to necessary period products can be challenging. And COVID-19 has made it more difficult.

We believe **local love** is the solution. Show yours by mobilizing your community, and organizing a **Period Promise campaign,** and help those in need live with the dignity we all deserve.



## DONATE

Donations of period products will be accepted from

**May 1 – May 28, 2021!**

See our list of **drop-off locations and dates** for more information.

## CONCERNED ABOUT SOCIAL DISTANCING? WE GOT YOU COVERED!

Financial donations can be made online by visiting [periodpromiseniagara.com](http://periodpromiseniagara.com) or by calling **905-688-5050.**



**United Way**  
Niagara