



ROSES ARE RED

2024

Quarterly Newsletter

Vol. 2



fbw.



Hi, from Natalie!

Hi everyone! I'm Natalie, FWBW's Communications and Art Director! How crazy Q1 is already over? This year is flying by! We are so lucky to say that the past 3 months have been nothing short of amazing and successful. I can't wait to share with you all we have accomplished these past few months!

In January, we kicked off the year with a bang hosting our 'Doing More in 2024' virtual workshop! We had the best time talking about all things periods and self-growth going into the new year. Our team was joined by guests who contributed to the conversation, thank you to everyone who joined!

February brought a tidal wave of inspiration as we celebrated Black History Month, sharing our favorite black and women-owned businesses. We had weekly spotlights shedding light on skincare, menstrual products, active and loungewear, and our team's all-around brand favs!

As March rolled around we were excited to celebrate Women's History Month. We were able to pull off an AMAZING giveaway to celebrate the month, thanks to all the lovely brands that donated to us! I can't wait for you to learn more about everything that happened this past quarter, continue reading for all the exciting information!

Flip to read about our year!



On January 7th, we hosted a virtual workshop to start off the new year! This was all about good vibes and kicking off the year with a positive mindset. We talked about all things period and how to empower yourself this year while also juggling your period.

For those eager to join us at our upcoming workshops, stay connected with our social media channels. Exciting opportunities await, and we can't wait to have you on board for our next enlightening session!

TEAM WEEKEND

In March our team reunited from all over the country for a team weekend! We held a workshop, had a team bonding night, a distribution day as well as organizing our whole storage unit! Without our team we would not be able to do all the amazing things we do. If you are interested in joining our team, send us a DM or email!





Organization Day

Our team organizing our storage room filled with important period products. We worked together to arrange and label everything, making the space organized for our distributions!



GIRL SCOUT WORKSHOP

We had the pleasure of hosting a workshop with some NYC Girl Scouts, delving into the essential topic of menstruation and self-care. It was an empowering and enlightening experience for all involved as we embarked on discussions about periods and how to nurture our bodies during this natural process.

The atmosphere was vibrant with curiosity as we shared knowledge, debunked myths, and celebrated the beauty of understanding our bodies. Through engaging activities and open dialogue, we fostered a safe space where questions were welcomed and insights were shared freely. Witnessing the girls' enthusiasm and eagerness to learn was truly heartwarming, reaffirming the importance of such educational initiatives.

Together, we laughed, learned, and bonded, making memories that will undoubtedly leave a lasting impact.





Women's Month Giveaway

In March, our nonprofit organization celebrated Women's History Month with a special giveaway dedicated to honoring the strength and resilience of women everywhere. We hosted a generous giveaway where participants had the chance to win an assortment of beauty and self-care products designed to empower and uplift. From luxurious skincare essentials to indulgent spa treatments, the giveaway aimed to recognize and celebrate the importance of self-care and self-love in the journey of every woman. After an exciting period of participation, we were thrilled to announce the lucky winner who would receive this incredible collection of products, serving as a token of appreciation for their support and as a reminder of the value of nurturing oneself.

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We are happy to announce our partnership with the Alliance for Period Supplies! APS is a menstrual hygiene product bank ran supplied U by Kotex, that support organization fighting period poverty nationwide. This will allow us to service more menstruators in need in the NYC metropolitan area. Thank you APS!!