

Girls and women miss days of school and work every month because they cannot afford the menstrual products they need.

YOU CAN HELP THEM BY DONATING TO OUR ANNUAL MENSTRUAL EQUITY DRIVE.

1

Visit [GoFundMe.com/HelpASisterOutPeriod](https://www.gofundme.com/HelpASisterOutPeriod) to donate money to our campaign. 100% of the proceeds will be used to collect menstrual period products for girls and women in need.

2

Donate menstrual period products or monetary gifts in person at:
Rhode Island AFL-CIO | 194 Smith Street, Providence, RI 02908
Please make checks payable to RI CLUW

3

Order menstrual period products online and have them shipped to:
RIFTHP | 356 Smith Street, Providence, RI 02908



Help A Sister Out
PERIOD.

A campaign brought to you by



For more info, email DLeclair@1199TrainingFund.org or call 401.751.7100 | [#HelpASisterOutPeriod](https://www.gofundme.com/HelpASisterOutPeriod)

The Rhode Island Coalition of Labor Union Women asks you to

 *Help A Sister Out*
PERIOD.

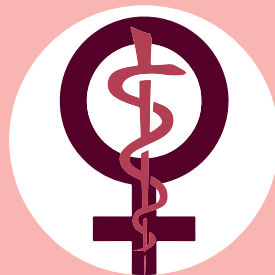
No one should have to live in period poverty.

ALL WOMEN DESERVE TO HAVE:



DIGNITY

No one should feel ashamed because they can't afford vital period products. Women deserve the dignity that comes with reliable menstrual care.



SAFETY

No one should have to resort to using unsafe materials and methods that can cause health problems. Lack of access to reliable products is a health concern.



EMPOWERMENT

No one should feel burdened by their period, they should feel empowered. It's time to smash the taboo and advocate for each other about periods and the menstrual cycle.

**Talk with your partner or family member about periods.
Let's support women's menstrual health together.**