

HAGO's Media Features:

- <https://www.globalcitizen.org/en/content/canada-hero-award-winner-yanique-brandford/>
- <https://player.fm/series/finding-humanity/ep-31-dont-hate-when-we-menstruate>
- <https://dailyhive.com/vancouver/good-news-stories-canada-telus-period-poverty>
- <https://youtu.be/6mvDssar2vk>
- <https://www.dosomething.org/us/articles/10-young-people-fighting-period-poverty>
- <https://girlboss.com/blogs/read/women-leading-modern-menstrual-movement>
- <https://theeyeopener.com/2021/01/ryerson-student-to-be-first-ever-recipient-of-canadas-hero-award/>
- <https://www.cbc.ca/player/play/1947238467528>
- <https://jamaica-gleaner.com/article/news/20201212/monumental-honour-me-jcan-student-wins-award-work-end-menstrual-stigma-canada>

HAGO's Social Media Handles:

- **Instagram:** @HAGO_Canada & HelpAGirlOutCharity
- **Instagram:** @The_Reusables_Project
- **Twitter:** @HelpAGirlOutNP
- **YouTube:** Help A Girl Out NP Canada
- **TikTok:** HelpAGirlOutNPO
- **Website:** HelpAGirlOut.org
- **Email:** contact@helpagirlout.org