

help a girl out

Period Product Support Program



We're removing barriers!

You should be able to go to school or work on your period, participate on your swim or gym team without having to worry about choosing between other essentials like food or rent

How to ask for support:

1. Menstrual product kits are available for those who need them.
2. Request your 2-3 month customized kit
3. Scan the application link and submit

SCAN ME



@HAGO_Canada
www.HelpAGirlOut.org