



**United Way**  
Central Alberta  
caunitedway.ca

**May 2021**

## **This Month:**

**Menstrual Hygiene Day**

**Conscious  
Kindness**

**Meet  
Lesia!**

## **Period Promise Panel Discussion – You're Invited!**

[Register  
Here](#)

Since May 1<sup>st</sup> and ending May 28<sup>th</sup>, United Way has been running its Period Promise collection campaign, with our partners Always, Tampax, Grand and Toy, and Soroptimist International of Central Alberta. We are trying to collect as many donated menstrual products as possible.

We're hoping to collect and distribute as many menstrual products as needed to as many community agencies as we are able. Of course, this campaign has its challenges – but we can still come together virtually to discuss the importance of making it easier for people to have access to free menstrual products.

On **May 27<sup>th</sup> at 4:30 PM MT**, to highlight Menstrual Hygiene Day, United Way will be hosting a Period Promise Panel Discussion to do just that. Here's what you can look forward to:

- A short presentation encapsulating the high-level findings of the Period Promise Research Project, which was completed in 2021 and funded by the Government of BC.
- A panel conversation featuring activists and leaders working in BC to increase access to menstrual products in their community.
- Panelists
- Opportunities to ask the panel questions.

If you haven't had a chance to drop off a Period Promise donation, you can donate [here](#).

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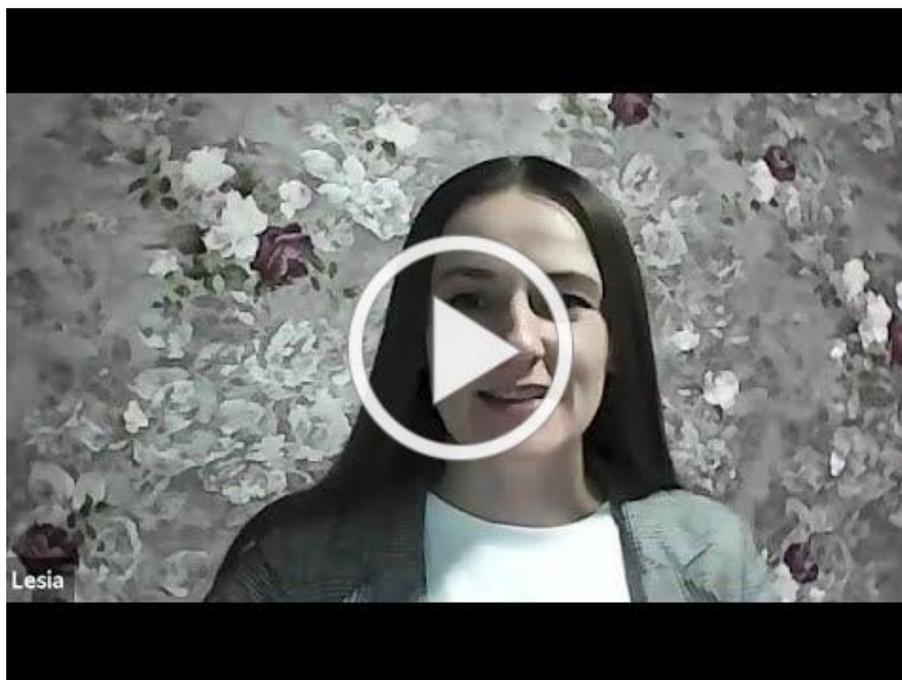


Fund Development Manager Chelsea O'Donoghue (r) accepts the Soroptimist International of Central Alberta's donation to Period Promise on Conscious Kindness Day.

## No Shortage of Kindness

May 18th marked our **third** Conscious Kindness Day! This year, we had a contactless drop-off system to collect items for Tools for School and Period Promise. It was cold. There was rain on the way. A thunderstorm rolled through, but it didn't stop the kindness of Central Albertans. We even received a donation of warm socks! Also on Conscious Kindness Day, we received messages from donors to say they are still collecting and their donations are on the way. Now that Conscious Kindness Day has passed, we will continue to collect school supplies for Tools for Schools as well as menstrual products for Period Promise. Thank you everyone for your donations!

## Behind the Scenes - Meet Lesia!



Financial assistance  
Food access  
Programs for seniors  
Newcomer support

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