



City of Lacombe Launches Period Promise Program with United Way Central Alberta to Support Increased Access to Basic Needs

February 4, 2026

United Way Central Alberta (UWCA) and The City of Lacombe are proud to announce their partnership through the Period Promise Program, a United Way initiative to increase access to basic needs like pads and tampons and reduce the stigma around menstruation.

Seven barrier-free dispensers with product have been installed in public washrooms and changeroom locations at the Gary Moe Auto Group Sportsplex, Kinsmen Aquatic Centre, Lacombe Memorial Centre, and Mary C Moore Public Library. This ensures that everyone who needs products, whether for themselves or to share with a family member or friend, can access them without barriers.

Menstrual equity is about dignity, health, and inclusion. Lack of access to menstrual products can prevent people from fully participating in school, work, and community life. **1 in 4 menstruating Canadians have struggled to afford period products for themselves or their children.** By making these basic need products freely available, the City of Lacombe is helping to create a more inclusive and supportive environment for all residents.

Key Features of the Pilot

- **Access:** Menstrual products are available at no cost in designated public washrooms and changerooms for individuals who need them.
- **Awareness:** This Program helps bring awareness of the need for accessible pads and tampons in community spaces and normalizes conversations about periods.
- **Feedback:** All dispensers have a UWCA Survey QR code that community members are encouraged to complete with their feedback on increased access to period products in community facilities.

*“United Way Central Alberta is proud to partner with the City of Lacombe to increase access to pads and tampons for the people and families in Lacombe who need it the most. Period Promise is an immediate and impactful way we are **addressing period poverty in our communities** while challenging the stigma around menstruation.”*

Chelsea O’Donoghue, CEO, United Way Central Alberta

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To learn more about Period Promise, visit: [Period Promise | United Way Central Alberta](#)

About United Way Central Alberta

Since 1965, United Way Central Alberta has worked to build strong, healthy, and resilient communities. Through partnerships, investments, and advocacy, United Way supports programs that address poverty, mental health, and social inclusion for individuals and families across the region. Learn more at www.caunitedway.ca.