DONATIONS NEEDED



Help A Girl Out (HAGO) is a registered charity organization that fights period poverty and stigma in Canada & developing countries. We rely on community donations to drive our mission forward.

Your donation of period products supports individuals in need with dignity and confidence on their period.

We are collecting the following items;

- Pads (Heavy*)
- Tampons
- Menstrual cups
- Reusable pads
- Menstrual discs
- Period underwear
- New underwear
- Body wash
- Body lotion
- Deodorant *
- Wipes
- Hot water bottles

All types of;

- Dental Care
- Hair Care
- Nail Care

We DO NOT ACCEPT

- Clothing
- Furniture
- Makeup
- Food
- Used items
- Opened packages

For drop-off information please email: contact@helpagirlout.org

help a girl out

SIGN UP



WELCOME

SPREAD Kindness

MAKE NEW FRIENDS

Volunteer Opportunities

Help A Girl Out's mission is to promote shame-free acceptance of periods as a natural part of life and provide access to period products for those that need them.

Become part of our team. Help us pack & deliver emergency period & hygiene care to at-risk individuals in your community or volunteer at any of our community outreach opportunities.

Two easy actions:

1.Scan the QR code to apply for a volunteer opportunity through our website: www.Helpagirlout.org

2. Send us an email with your availability to schedule a 'Get to know you phone call"

For more information please email: volunteer@helpagirlout.org

VOLUNTEERS NEEDED

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DONATE YOUR TIME:

Help us 'End Period Poverty' by donating your time and skills to a great cause!



SCAN ME

- Administrative Support
- Event Planning Support
- Donation Logistics
- Fundraising Committee
- Education Assistant
- Sewing Volunteer
- Community Outreach
- Grant Writing Assistant
- Graphic Designer
- Social Media Content Creator
- Bookkeeping
- Volunteer Management
- Data Entry

https://helpagirlout.org

help a girl out

Period Product Support Program



Period product kits are available for those who need them!

You should be able to live, learn and work on your period without having to worry about choosing between your period and other essentials like food.

How to ask for support:

1. Request your period kit from the front support desk or socal worker
2. Tell us what kind of products you need.
3. Fill out our feedback survey to improve our program.



@HAGO_Canada
www.HelpAGirlOut.org