



Dignité mensuelle | Monthly Dignity



Annual Impact Report

Table of Contents

Message from our Co-Directors	01
Our Work	02
Impact Pillars	03
Goals for 2024	06
Financial statement	07
Support	08

Land

Acknowledgement

At Monthly Dignity, we recognize that our work in Tiohtià:ke (Montréal) takes place on the unceded Indigenous lands of the Kanien'kehà:ka (Mohawk) Nation. Tiohtià:ke is known as a gathering place for many First Nations, and we recognize the Kanien'kehà:ka as custodians of the lands and waters on which we work. Our mission is rooted in acknowledging the rights of all peoples, and working towards creating a more equitable and inclusive society.



Message from Our Co-Directors

As we reflect on the past year, we are filled with gratitude for support and dedication that has propelled us forward. We believe in the power of community, and this year has been a testament to the strength that lies in unity.

To our invaluable volunteers and staff:

Your passion, time, and hard work are the backbone of Monthly Dignity. Whether it was delivering donations, organizing workshops, or advocating for policy change, your dedication has made a real difference. Your selfless contributions embody the spirit of community care and your commitment, and we are endlessly grateful for the positive change you bring.

To our treasured community partners:

Collaboration is at the heart of our success. Together, we have forged meaningful relationships that amplify our impact, and we are admire your commitment to the people you serve and the initiative you take to ensure that the needs of the people you serve are fully appreciated and met.

To our generous donors: Your support has been the fuel that drives our initiatives forward. Your belief in our cause has allowed us to expand our reach, ensuring that more people have access to essential menstrual products amid growing community needs. Your commitment to making a difference has not only changed lives but has also contributed to a ripple effect of empowerment and awareness.

As we celebrate our achievements, we recognize that there is still much work to be done. Montreal is home to 60% of Quebec's low-income population, and poverty rates across Canada have been rising since 2020 and houselessness in Quebec has increased by 44% in 2023. Monthly Dignity must grow with the needs of our community.

In 2023, we hired our first full-time staff, increased donations of reusable menstrual products, established a Board of Directors, and partnered with Food Banks Canada and Women and Gender Equality Canada to advance menstrual equity education in Canada. This is a testament to the collective power of our community.

Together, we are creating a community where menstruation is no longer a barrier to social, educational, and professional well-being, nor an exacerbator of poverty. We look forward to continuing to 'break the cycle' in 2024.

With gratitude,
Hayley & Clara



Our Work

Our Approach

Mission

Monthly Dignity works to tackle the causes and consequences of period poverty and fights for menstrual equity in Montreal. We address immediate needs by distributing menstrual products to those experiencing period poverty and pursue long-term, systemic change through education and advocacy.

Our work is centered around three impact pillars:

- **Access:** Providing free menstrual products to community-based organizations that serve women, girls, and people who menstruate living in precarious situations.
- **Education:** Destigmatizing menstruation and raising awareness about period poverty and menstrual health through educational workshops and resources.
- **Advocacy:** Advocating for equitable access to menstrual products for all to be considered a right rather than a privilege.

Our Purpose

Vision

We envision a community in which menstruation is not a barrier to social, educational and professional well-being by addressing period poverty.

Key Achievements of 2023

1. Established 13 new **community partners**
2. Received funding to scale up our **educational outreach** programming through the Federal Menstrual Equity Fund
3. Launched our Annual **Fundraising Gala**
4. Created a **Board of Directors**

Access

Distribution of Menstrual Products

We currently serve a network of **26 community partners** that work with clients living in precarious situations. Our partners include women's centres, shelters and day centres serving people experiencing houselessness, domestic violence shelters, centres serving newcomers and refugee or asylum claimants, youth outreach centres, youth employment and continuing education centres, LGBTQIA+ organizations, and affordable housing programs.

We have significantly expanded our reach in 2023, and are thrilled to have established **13 new partnerships:**

- | | |
|-------------------------------------|---------------------------------------|
| 1. La Marie Debout | 8. La Rue des Femmes |
| 2. CAP St Barnabé | 9. Femmes d'ici et d'ailleurs |
| 3. Maison des jeunes de Pierrefonds | 10. Perspectives Jeunesse |
| 4. L'Arrêt Source | 11. RAP jeunesse |
| 5. Auberge Transition | 12. Destination Travail |
| 6. Nouvelle Étape | 13. Carrefour Jeunesse-Emploi Lachine |
| 7. Mon Toit, Mon Cartier | |

Menstrual Product Donations

The Monthly Dignity team completed **33 deliveries** to our community partners in 2023!

We donated a total of **33,826 menstrual products**, representing nearly **\$28,900** worth of inventory.

Single-use products: 33,341

Pads: 17,470
Tampons: 11,795
Liners: 4,076

Reusable products: 485

Menstrual cups: 275 (4x more than in 2022!)
Reusable pads: 132
Period underwear: 78

"Since we've been distributing menstrual products, we've had women coming regularly to the Center to pick them up. Most of them are very disadvantaged, including newcomers, people at risk of homelessness and others. It's a service we consider essential! Thanks to Monthly Dignity, we can offer this service without having to cut money from other activities."

Femmes du Monde à Côte-des-Neiges, Women's center in Côte-des-Neiges, Montreal

Education

Break the Cycle!

In November 2023, Monthly Dignity launched *Break the Cycle: An Inclusive Menstrual Equity Education Program!*

Through this program, we are offering free in-person workshops throughout the Montréal community and virtual workshops elsewhere in Quebec and Canada. We are collaborating with community-based organizations to deliver our workshops to diverse audiences of all ages, in both French and English!

Workshop topics:

- The basics of menstruation
- Menstrual care & products
- Sustainable menstruation
- Inclusive menstruation
- Destigmatizing menstruation
- Talking to kids about periods
- Period poverty
- Menstrual equity advocacy



The goal of these workshops is to deliver inclusive and destigmatizing menstrual health education and raise awareness about period poverty. We hope to empower attendees to make informed decisions about their menstrual care, destigmatize menstruation, and create a safe and inclusive space to discuss sensitive or potentially stigmatizing topics.

Resource Hub

In 2023, Monthly Dignity embarked on a new initiative: writing and publishing informative articles on menstrual health and period poverty. Launching on our website in 2024, this content will provide accessible resources about menstrual equity, covering topics such as menstrual care, personal stories and experiences of menstruation, policies relating to menstrual health and period poverty, debunking myths surrounding menstruation, menstrual equity activism, and more. It will help extend our impact beyond geographical boundaries, enabling us to connect with a broader audience across Canada.

Advocacy

House of Commons

In June 2023, Our Co-Directors were invited to give expert testimony before the House of Commons' Standing Committee on the Status of Women, in the context of their study of the state of menstrual equity in Canada. These expert consultations contributed to the Committee's report on menstrual equity in Canada which presents intersectoral recommendations for addressing period poverty in Canada.

“

[T]he reality is that we know very little about the scope and impact of period poverty in Canada. Period poverty is a doubly-hidden issue, owing to historic taboos surrounding menstruation and the broader issue of poverty. It is also highly intersectional, disproportionately affecting underserved communities.

FEWO, Témoignages, 15 juin 2023, 1615
(Hayley Newman-Petryshen, Co-directrice,
Dignité Mensuelle)

MIND High School Shark Fundraiser

Following a workshop we delivered, students at MIND High School undertook an extended menstrual equity-focused project, learning to sew reusable pads, fundraising by selling handmade shark toys, and raising awareness about period poverty in the process.



CBC Radio Feature

In February, Monthly Dignity appeared on CBC Radio's "Let's Go" with Sabrina Marandola to discuss the benefits and complexities of menstrual leave following the implementation of a similar policy in Spain.

Changer les règles: Gala annuel de levée de fonds



In May 2023, Monthly Dignity hosted our inaugural Fundraising Gala in honour of **Menstrual Health Day**.

The event drew together volunteers, donors, community partners, and allies to raise awareness about period poverty in Montreal, uplift the messages and needs of our community partners, and celebrate the work of our dedicated volunteers and supporters.

Our Goals for 2024

1

Obtaining Registered Charity status to increase our grant eligibility and enable us to issue tax receipts for donations

2

Continue to expand our education and awareness programming across Montréal, Québec, and Canada more broadly

Reach **1,000 people** through our in-person workshops

Reach **300 people** through awareness-raising events

3

Secure sustainable funding to support our core operations after the Menstrual Equity Fund pilot program concludes at the end of December, 2024

Financial Statement

Revenues

Grants	91,454.00
<i>Food Banks of Canada - Menstrual Equity Fund</i>	91,154.00
<i>QPIRG Grant</i>	300.00
Donations	1,600.00
Event revenue	4,326.80
<i>Other</i>	6.78
Total Revenue	97,292.58

Expenditures

Administrative expenses	186.26
Staff salaries, taxes, deductions & insurance	18,175.00
Storage & transportation	1,577.42
Product purchases	241.44
Event expenses	4,180.10
Promotion & online presence	1,319.97
Materials & licenses	1,478.16
Bank fees	54.12
Other	475.28
Total Expenditures	27,687.75

**Excess of Revenues
Over Expenses**

69,604.83

Support

Our work would not be possible without the individuals and organizations whose support has driven our mission forward. Their generosity has been instrumental in our mission to ensure access to menstrual products and education for all. We are incredibly thankful for their partnership in creating a more equitable and dignified world.

Funding



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

Canada

Food Banks
Canada

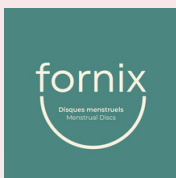


Banques alimentaires
Canada

Corporate Donors



saalt DIVA



Ruth Mme L'ovary



Advocacy Partners



Thank you for a wonderful year!

On behalf of everyone at Monthly Dignity, thank you for your engagement, support, and generosity throughout 2023! Together, we are building a more equitable community.



Monthly Dignity Team

Clara Bolster-Foucalt, Co-Director
Hayley Newman-Petryshen, Co-Director
Solenne Hamon-Fafard, Educational Programs Manager
Estelle Beauclair, Educational Programs Coordinator
Regan Scott & Brett Manzer, Fundraising Coordinators
Rosalie Quinn, Online Content Coordinator
Georgia Lapierre, Communications Coordinator
Maria Lima Fernandes, Communications Coordinator (*outgoing*)
Sophie Couture, Community Relations Coordinator (*outgoing*)
Solenne Trequesser, Grant Writer

Board of Directors

Sophia Harman-Heath, President
Chloé Pronovost-Morgan, Secretary
Kariane St-Denis, Treasurer



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