



Dignité | Monthly
mensuelle | Dignity

ANNUAL IMPACT REPORT 2024

January – June 2024



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Land Acknowledgment

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At Monthly Dignity, we acknowledge that our work in Tiohtià:ke (Montreal) takes place on the unceded lands of the Kanien'kehà:ka (Mohawk) nation, recognized as the guardians of the lands and waters of this region. We also honor the contributions of First Nations, Inuit, and Métis peoples across the territory we now call Canada.

We recognize that our information, research, and practices are largely influenced by Western frameworks, often shaped by colonial dynamics. Colonialism has led to the destruction, erasure, and marginalization of many Indigenous knowledges, including those related to menstrual health and well-being.

In our commitment to combating period poverty, we hope to integrate Indigenous perspectives and collaborate with Indigenous organizations to value and include these knowledges. We are committed to listening, learning, and working in solidarity with Indigenous communities, while acknowledging the privilege we hold in our work.



Message from our Co-Executive Directors

Dear friends,

This past year has been one of growth, urgency, and deepened purpose. As we reflect on all that Monthly Dignity has achieved, we're filled with gratitude—for our team, our partners, our community, and for you.

While we're proud of this progress, the need is growing. As poverty rates rise, so does the demand for our services. Period poverty is poverty—and it continues to disproportionately impact racialized, Indigenous, newcomer, and gender-diverse communities. We hear stories daily of people using makeshift products, skipping school or work, or isolating themselves simply because they can't afford period supplies. This is not acceptable.

Our work is—and always will be—feminist, trans-inclusive, and rooted in equity. In the face of political backlash and growing need, we remain committed to building a movement that centers dignity, care, and justice.

Looking ahead, we're at a pivotal moment. Our capacity is being stretched, and we never want to be in a position where we have to say no. Your support is what allows us to keep going—to deliver workshops, distribute products, and advocate for change.

Every donation, partnership, and shared conversation moves us closer to a future where no one is held back by their period. Thank you for standing with us. Thank you for believing in a world where everyone can menstruate with dignity.

In solidarity and hope,

Hayley Newman-Petryshen & Clara Bolster-Foucalt, Co-Executive Directors, Monthly Dignity



Our work



Our approach

Monthly Dignity fights against the causes and consequences of period poverty and advocates for menstrual equity in Montreal. Our work is based on **three pillars**:



ACCESS

Providing menstrual products to community organizations that serve populations at risk of period poverty



EDUCATION

Destigmatizing menstruation and raising awareness about period poverty and menstrual health



ADVOCACY

Fighting for equitable access to menstrual products to be considered a right rather than a privilege.

Our goals

We work to ensure that menstruation is no longer a barrier to social, educational, and professional fulfillment by addressing period poverty in Montreal. We envision an empowered community that is heard and equipped with the basic knowledge and products it needs to live a fulfilling life.

Key achievements

1. Distributed 70,063 menstrual products in 6 months (compared to 33,826 for the entire year 2023)
2. Conducted 50 educational workshops
3. Launched our online educational platform with articles
4. Increased our presence across various social media platforms



40

Community Partners

70 063

Products delivered

- 66 965 disposables (pads, tampons, liners)
- 647 reusables (cups and discs)
- 2 451 other products (underwear, diapers and incontinence products)

\$47.147

Total value of products delivered

Our Distribution Principles

We work closely with our partners to understand their needs and fulfill requests based on our inventory. Products are delivered directly to organizations or picked up from our storage unit. We respect all preferences and trust the distribution methods of each organization without supervision.

Our Network

We work with over 40 exceptional community partners, including women's centers, homeless shelters, domestic violence refuges, newcomer and asylum seeker services, sex worker organizations, addiction and recovery programs, youth centers, employment services, LGBTQIA+ organizations, and many others.

Our Products

We distribute both single-use products (pads, tampons, liners) and reusable options (menstrual cups, discs, reusable pads), working closely with partners to meet the specific needs and preferences of the diverse populations they serve.

Education

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Workshops

We offer free workshops for people of all ages, genders, and backgrounds in schools, universities, and community spaces. Our workshops provide an open and inclusive space to learn about menstrual health, from understanding the basics of the menstrual cycle to exploring period poverty. Workshops are available in both French and English, range from 30 minutes to 2 hours, and feature interactive presentations tailored to the audience's needs.



Topics Covered

Menstrual Health Basics
Reusables Products and Menstrual Care
Period Poverty, impacts and initiatives
Inclusive and Equitable Distribution of Period Products
Demystification and Destigmatization of Menstruation
How to Talk About Periods with Kids
Post-Partum Menstruation
History of Menstruation
Menstrual Art

Educational Resources

We developed and published a comprehensive series of educational resources in article format on our website, contributing to menstrual education and public awareness. These resources address critical topics including period poverty and its social impacts, sustainable and eco-friendly alternatives to conventional menstrual products, dismantling persistent stigma surrounding menstruation, and embracing the diverse menstrual experiences across gender identities.

50

workshops delivered

513

participants including:

- participants in community organizations
- students, youth
- social workers

37

workshop hosts

4

educational
articles published

Media engagement

On May 28th, our Co-Director Hayley was also featured on **CBC Radio's** "Let's Go" program, alongside Sarbina Marandola, to discuss menstrual health, the fight against period poverty and showcase the concrete solutions developed by our organization.

On June 26th, our Co-Director Clara participated in the "Les menstruations" episode of the podcast "Pour la suite des choses" broadcast on **Radio-Canada**, hosted by Boucar Diouf. This episode explored the persistence of menstrual taboos in contemporary society.



Social media

We have strengthened our digital presence across key social media platforms (Facebook, Instagram, LinkedIn) and plan to complete our multi-platform strategy with the addition of TikTok to reach younger demographics.

Through our digital channels, we:

- Raise public awareness about period poverty and its impacts
- Combat stigma through education and open dialogue
- Advocate for systemic change toward a world where menstrual products are recognized as a fundamental right, not a privilege

Our goals for next year

Expand Educational Programming

- Reach 100 educational workshops
- Reach 1000 participants
- Strengthen our engagement in high schools



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Public Awareness Building

- Publish educational content regularly on our website and social media
- Engage the broader Montreal community through events and fundraisers

Organisational Development

- Secure collaborative workspace facilities
- Secure mission funding to sustain our activities



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Financial statements ⁰⁸

Revenues

\$140,026

Total revenue

\$136,952

Grants

\$475

Individual donations

\$2,599

Other revenue

Expenditures

\$138,912

Total expenses

\$116,953

Salaries

\$6,769

Online outreach

\$5,274

Programs and events

\$3,718

Transportation

\$3,374

Operations and
storage

\$2,000

Accounting

\$824

Administration

Net income

\$1,114

Excess of revenue over expenses

Note on Fiscal Year Change: We changed our fiscal year-end from December 31 to June 30 to better align with our operational cycle. As such, the above financial information covers six months.

Support

Funding



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada

Canada



Food Banks
Canada

Banques alimentaires
Canada



Fondation du Grand Montréal

Corporate donors



Membre du groupe **First Quality**



karavel

DIVA



saalt

Advocacy partners



Thank You!

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Monthly Dignity Team

Clara Bolster-Foucalt, Co-Executive Director

Hayley Newman-Petryshen, Co-Director

Estelle Beauclair, Educational Programs Coordinator

Solenne Hamon-Fafard, Educational Programs Coordinator (departing)

Solenne Trequesser, Educational Programs Coordinator (incoming)

Volunteers

Regan Scott & Brett Manzer, Fundraising Coordinator

Rosalie Quinn, Online Content Coordinator

Georgia Lapierre, Communications Coordinator

Maria Lima Fernandes, Communications Coordinator (departing)

Sophie Couture, Community Relations Coordinator (departing)

Board of Directors

Sophia Harman-Heath, President

Chloé Pronovost-Morgan, Secretary

Kariane St-Denis, Treasurer



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