Dignité mensuelle | Monthly Dignity

Annual Report

2024-2025

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Message from our Co-Directors

Dear Friends and Partners,

This past year tested us—and revealed our collective strength.

As equity-centered work faces mounting challenges, Monthly Dignity responded by expanding. We deepened partnerships with community organizations, enhanced our education and advocacy programs, and welcomed new team members who share our unwavering commitment: nobody should be held back by their period.

Requests for menstrual products have surged amid economic hardship, laying bare the reality that period poverty remains a barrier to dignity and opportunity. But we've witnessed something equally powerful: a groundswell of solidarity. More people than ever are stepping forward to volunteer, advocate, and demand change.

Period poverty is solvable. It requires sustained collaboration and the collective will to say that menstrual health is health, full stop.

As we move forward, we do so with renewed purpose and gratitude for every partner, donor, and volunteer who believes that equity begins with meeting people's most fundamental needs.

In solidarity,

Hayley Newman-Petryshen & Clara Bolster-Foucault

Land Ackowledgment

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 honour 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 Indigenous knowledge, including those related to menstrual health and well-being. We are forever inspired by the ongoing efforts of Indigenous communities, and organizations such as Moontime Connections, to revitalize these teachings as we strive towards radical approaches to menstrual justice.

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

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.

Access

101 844 products delivered

100,717 disposables (pads, tampons, liners)
1127 reusables (cups, discs, cloth pads, period underwear)

$70,256

44 community partners

women's centers, homeless shelters, domestic violence refuges, newcomer and asylum seeker services, sex worker organizations, addiction programs, youth centers, LGBTQIA+ organizations, among others.

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..

Education

Workshops

We offer free workshops for people of all ages, genders, and backgrounds in schools, universities, and community spaces. Our workshops provide an interactive, 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

In the past year, we established regular programming in secondary schools for the first time, bringing menstrual health education directly to young people when they need it most

We also developed new workshop programming including:

- Menopause
- Pain and menstrual disorders
- Period care beyond the gender binary

39 workshops across 12 high schools

1740 participants reached

93 workshops delivered

3 new workshop topics

Education

Content Creation

Educational Articles: Published 20 articles on our website, covering educational content and event recaps

Specialized Content: Developed new resources on Disability and Menstruation, including 5 dedicated educational articles that address the intersection of disability and menstrual health

Resource Development: Created accessible materials that serve diverse learning needs and preferences

Beyond Vision: Managing Menstruation as a Blind or Low-Vision Person

Managing Menstruation with a Physical Disability

Period Poverty Prisons

Advocacy

Queeriods Photostory Project

We shot a photo project capturing diverse experiences of menstruation, challenging traditional narratives and celebrating the full spectrum of menstrual experiences

Media and digital outreach

We expanded our digital presence through a street interview series across Montreal, testing public knowledge on menstrual health. Our co-director Clara participated in two Fornix podcast episodes, discussing period poverty and underresearched menstrual health topics to reach broader audiences.

Parliamentary Representation

In February, we participated in the Rencontres Action Jeunesses, Quebec's largest youth political advocacy event on Parliament Hill, engaging with elected officials to push for free menstrual products in schools.

Advocacy Events

Menopause Screening

In March, we hosted a screening of a menopause documentary, followed by a panel discussion featuring experts from diverse backgrounds, which sparked honest conversations about an often-ignored topic

Period Pain Simulator

We hosted a menstrual health-themed Trivia Night in collaboration with the Somedays Period Pain Simulator to learn about menstrual health topics and raise awareness of debilitating menstrual pain

Advocacy Events

Period Symposium

For Menstrual Health Day, on May 28th, we co-hosted the second annual "Periods on Campus" Symposium, bringing together activists, researchers, entrepreneurs, and students from coast to coast to advance menstrual equity beyond product provision.

Stand-Up Comedy Night

That same night, we hosted a sold-out stand-up comedy night with local comedians to raise funds for our mission and talk about menstruation in a destigmatized and humorous setting.

Organizational Growth

Team Expansion

- We grew from 3 to 4 full-time staff members, including a designated person for access and advocacy, enabling us to enhance our efforts to promote systemic change
- Expansion of board from 3 to 9 directors

Physical Infrastructure

We now rent coworking spaces, allowing our team to work together in-person and fostering stronger collaboration and community building

Strategic Development

- Strategical planning with external consultations
- We hosted our first-ever strategic planning retreat!
- Leadership and management consulting and coaching

Our goals for next year

- Expand photostory project to include diverse experiences of menstruation, menopause, post-partum, and pregnancy
- Host regular community awareness-building events

- Lead 50 workshops between September and December, partnering with schools and community organizations across Montreal
- Improve our online resources

- Continue to expand our board
- Build a solid volunteer basis
- Secure funding for our other pillars (access, advocacy)
- Complete our 5-year strategic plan

Financial statements

Revenues

Total revenues 328,781$

247,360$
Grants

69,430$
Organizational donations

11,991$
Other revenue

Expenditures

Total expenses 311,745$

237,761$
Salaries

28,404$
Programs and events

15,660$
Operations and storage

14,179$
Administration

7,194$
Accounting and legal

6,214$
Transportation

2,333$
Promotion

Net income

Excess revenue over expenses 17,036$

Support

Funding

Women and Gender Equality Canada
Femmes et Égalité des genres Canada
Canada

Food Banks Canada
Banques alimentaires Canada

Fondation du Grand Montréal

FONDATION Chamandy FOUNDATION

Corporate donors

FEMPRO
Membre du groupe First Quality

épicerie bio V&B vrac & bocaux

karavel

DIVA

fornix

LOCO ÉPICERIE ÉCOLOGIQUE • • ZÉRO DÉCHET • •

saalt

Advocacy partners

rqasf

TABLE DES GROUPES DE FEMMES DE MONTRÉAL

RIOCM
Regroupement intersectoriel des organismes communautaires de Montréal

Thank you!

Monthly Dignity Team

Board of Directors

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