



## Period Positive Presentations

*83% of young Canadian menstruators experience shame.  
1 in 3 don't feel prepared for their first period. Talking openly  
builds confidence, let's reduce the stigma!*

*Always & Plan Canada, 2021*

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Committed to providing education about healthy periods and menstrual equity, The Period Purse™, a registered charity, has trained facilitators who are delighted to do IN PERSON (in Toronto) & VIRTUAL WORKSHOPS for groups across Canada with people 9-99 years old.

### **Our period-positive workshops:**

Periods 101 • Period Poverty • Reusable Period Products  
Period Poverty & Advocacy • How to Talk to Kids about Periods

Each one hour presentation encourages active participation, and our facilitators are sensitive to the needs of each age group. We encourage all genders to learn about periods!

**For more information, please email**  
[education@theperiodpurse.com](mailto:education@theperiodpurse.com)

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\*our in person facilitators have vulnerable sector check.