

# Assist Your Sisters

October 17, 2019 – November 21, 2019

“Justice on the Job, Service to the Community”



## DIGNITY MATTERS

The most requested and needed item at Woman's Shelters and Food banks are Feminine Hygiene Products and they are the one thing that is rarely donated. The Woman's Committee at the IAMAW Local 1231 wants to help the woman in our Locals area by giving them a little bit of Dignity when it comes to their personal Care.

## HOW YOU CAN HELP

Donate boxes or packages of:  
Tampons, Pads or Panty Liners

Collection- contact your local 1231 Steward or Bring to our Local meeting November 21. Donations can also be left at the District 78 Office prior to November 21, 2019

## Who We are Helping

The Woman's Habitat in Etobicoke, Ontario offers a Shelter to give Woman a safe and secure location to help start a new life for herself and if she has children; them as well. They also have an Outreach Center, offering counselling and support and after care to those in need.

Abuse can happen to anyone and its important to help support and empower these women in their journey to start over.



## Access to Feminine Hygiene Products for the Vulnerable

Women who are already facing difficulties finding a safe place to sleep, food and shelter face another problem once a month when they have to deal with their menstrual cycle. Woman living in these conditions may make tradeoffs such as food or shelter; during this time or give up something that most take for granted- cleanliness. They may use toilet paper, or newspaper, they may even be pushed to steal in order to get access to these supplies.

