



Dignity. Empowerment. Menstrual Health for All.

"It was so nice to get the purse when I first came to the shelter. Receiving free pads & tampons makes me know that someone out there cares about me and my health."

~Dianne



About The Period Purse

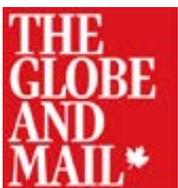
The Period Purse strives to achieve menstrual equity by providing marginalized menstruators with access to free menstrual products, and to reduce the stigma surrounding periods through public education and advocacy. Our vision is for all menstruators to experience healthy periods with dignity.

After launching in 2017 with the goal of making one purse, The Period Purse has handed out thousands of packs filled with various period products, hygiene items, necessities like underwear and socks, chapstick and a motivational note.

Founded in Toronto, The Period Purse has expanded to other cities across Ontario: Brantford, Durham-region, London, Mississauga, Niagara Falls, Ottawa Sault St. Marie and Stratford.

In May 2018, The Period Purse launched our middle and high school program: Menstruation Nation. We are educating the next generation to build support and understanding about the importance of menstrual equity.

As Seen In



and more



Photo credit: Lisa McIntosh

Meet Jana Girdauskas

Jana always wanted to become the CEO of a non-profit organization and in 2017, that dream became a reality. That year, Jana launched The Period Purse. In 2018, Jana and her team convinced Toronto Mayor John Tory to acknowledge May 28 as Menstrual Hygiene Day. Then, the team worked with the City of Toronto to pass a motion to provide free menstrual hygiene products in shelters, drop-in centres and other spaces targeted towards marginalized communities. When she is not talking about periods, Jana is also a teacher who works in special education. She is a mother of two and lives with her family in Toronto's west end.



Jana is Available to Speak About

- The Period Purse & Menstruation Nation
- Reducing the Stigma Surrounding Menstruation
- Menstrual Equity
- Period Poverty in Canada
- Menstruators Experiencing Homelessness in Toronto
- Policy Changes around Menstrual Products
- Menstruation Education in Schools
- Non-Profit Organization Management
- Launching a Non-Profit Organization
- Networking in the Non-Profit Industry
- Building a Charity



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Contact

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