



## **Period Movement**

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# Sacramento Chapter

**Established February 2021**

Period @ Sacramento, CA Chapter works under the nationwide [PERIOD, Inc. Menstrual Movement](#) to eliminate period poverty and stigma through the core pillars of PERIOD: *service, education, and advocacy.*

We are always seeking passionate members to join us on this mission!

## **The 3 Pillars**

### **Service**

We plan to serve the local community by establishing relationships with service partners, hosting menstrual product drives, ordering products from PERIOD National, and more!

### **Education**

We plan to educate our peers and the broader community by hosting Period Talk workshops, educational panels, live events, Q&A sessions, and more!

### **Advocacy**

We plan to make change in our community by reaching out to state representatives, working with school administration to get products in schools, and more!

## How can you help?

- Go to: <https://period.org/donate> to make a donation to the national organization PERIOD.
- Donate to our chapter
  - **GoFundMe:** <https://gofund.me/51b337a1>
  - **Venmo:** @period\_sacramento
- Share our social media accounts with friends and family who could donate.
- Contact us if you're interested in a service partnership with our chapter or other ways you can help!

## Where does your money go?

- Donations to PERIOD, INC. Menstrual Movement → 100% of donations go directly to helping supply menstruators in need with essential period supplies.
- In 2020, PERIOD distributed over 5,000,000 menstrual products to menstruators in need to date.
- To date, PERIOD has served 6 million periods worldwide.
- We estimate that at least one period is served for every \$5 raised.
- Donations to our Period @ Sacramento, CA Chapter → 100% of donations fund our Chapter projects such as purchasing period supplies that are then donated to our service partners [menstruators in need], events, workshops, and more!

***To date, we have distributed 33,884 menstrual products to our partners & fundraised \$6,879.***

## Who do we serve?

- [Wellspring Women's Center](#) [100+ menstruators]
- [Women's Center - Youth & Family Services](#) [45+ menstruators]
- [My Sister's House](#) [250+ menstruators]
  - The Amanah House
- [NorCal Resist](#)
- [NorCal Bosom Buddies](#)
- [Al-Argam Islamic School and College Preparatory](#) [250+ menstruators]
- [Masjid Annur Islamic Center](#) [300+ menstruators]
- [San Juan Unified School District](#), McKinney-Vento program [300+ menstruators]
- Afghan refugees in the Sacramento area and beyond!
  - [Samuel Kennedy Elementary School drive](#)
  - [DFW Refugee Outreach Services](#)
  - [Opening Doors Inc.](#) [20 menstruators in the Wellness Cohort]

- [With Women Kisoboka](#) [5 Ugandan communities]
- [Girl Up Initiative Uganda](#)
- [Orangevale and Fair-Oak Homeless Assistance Resource Team](#) [300+ menstruators]
- Al-Momeneen Sunday School (30+ menstruators)
- [Katherine Johnson Middle School](#) (200+ menstruators)
- [Refugee Enrichment and Development Association \(REDA\) Center](#) (50+ menstruators)
- [Islamic Center of Modesto](#)
- [ICNA Relief - West Region](#) (70+ menstruators)
- [Muslim Community of Folsom](#)
- [International Rescue Committee](#)
- [Arab Community Center for Integration Services \(ACCIS\)](#)
  - [Women Empowerment and Wellness Program](#)
- [Malikah](#) [200 menstruators]
- Displaced families from Syria, Turkey, and Palestine

## Other Services:

- **Hygiene Kits:** We have donated a total of **600 general hygiene products!**
- **Menstrual Product Dispensers:** In partnership with [Aunt Flow](#), we have helped set up **two product dispensers!**
- **Bill Advocacy:** PERIOD@Sacramento proudly supports **CA AB1287, Menstrual Equity for All Act of 2021, CA AB2229, CA AB1810, STAMP Act of 2024, California Good Samaritan Law, and the Period PROUD Act!**

## Educational Partners:

- The Pad Project @ UC Berkeley
- Saint Francis High School
- Aspire Stockton Secondary Academy
- Girl Scouts Troop 1196
- MAS Community and Youth Center
- Muslim Community of Folsom
- Muslim Women Coalition @ California State University, Sacramento
- Al-Arqam Islamic School & College Preparatory
- Annur Youth Association

***Email us to [request a speaker](#) from PERIOD Sacramento at one of your events.***

## Awards

- \$3,000 International Baccalaureate Global Youth Action Fund.
  - Selected among 101 international projects [Nominees: Doaa Shahid & Ammaarah Hussain]
  - Features
    - [FOX8 WGHP; EIN Presswire | Newsmatics](#)
    - [Social TV](#)
- \$1,500 National Taco Bell Foundation [Passion Pitch Top Prize Winner](#) on “Menstrual Equity”
  - Voted by ~450 attendees and selected from 8 speakers [Winner: Laila Abed]

## Story Features

- With Women Kisoboka
  - August, 2022 - [The many benefits of producing renewable sanitary pads](#)
  - March, 2023 - [Renewable Sanitary Pads – A Win-Win for Adolescent Girls and Women Entrepreneurs](#)
  - April 2023 - [Tailoring Cooperatives are Blossoming](#)
  - June, 2023 - [Stitching Success: Tailoring is Turning into a Lucrative Venture](#)
- *The Rag*
  - July 2024 - ["I Am 'Inferior' for Wanting Menstrual Equity"](#) by Laila Abed
- *The Queens Ledger* (PAD 2024)
  - October 2024 - [Malikah, Frontline Foods Queens, PERIOD, Hosts Food and Wellness Product Distribution - Queens Ledger](#)
- *Don't Go with the Flow* Podcast
  - February 2025 -
    - ▶ [DGWTF Episode 1: Laila R. Abed | PERIOD. Nat. Youth Council Member | Dec...](#)

## Social Media

Instagram: @period.sacramento

Facebook: Period Sacramento CA Chapter

Twitter: @periodsac

Linktree: <https://linktr.ee/period.sacramentoca>

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## Team

**Founder, PERIOD @ Sacramento; National Youth Advisory Councilmember;**

**Board of Directors - Laila Abed**

E: [laila@period.org](mailto:laila@period.org)

**Former Vice President - Lena Abed**

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## Support

Please reach out to [period.sacramentochapter@gmail.com](mailto:period.sacramentochapter@gmail.com) if you have any other questions!

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## Period Organization

<https://period.org/>

### Period National Contacts

Executive Director - Michela Bedard, [michela@period.org](mailto:michela@period.org)

Service & Operations Manager - Kate Barker Swindell, [kate@period.org](mailto:kate@period.org)

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### **Period Social Media**

Instagram: @periodmovement

Facebook: @periodmovement

Twitter: @periodmovement

Tik Tok: @periodmovement