

FEMININE HYGIENE KIT



What is your Why?

Creating care packs for women and teen girls in our community is an easy and creative DIY project for groups, individuals, and families! These care packs are a way to make a woman in our area feel cared for during difficult and stressful times in their life.

Supplies & Ideas

- Cosmetic bag
- Tampons
- Pads
- Menstrual cup or disk
- Tylenol or Advil
- Flushable wipes

Step-by-Step

- Purchase items for the kit
- Pack items into the bag
- Include a note of encouragement
- Donate to an area non-profit!

Time to Share!

To inquire what agencies will accept the projects, dial 211 or email vol@helplinecenter.org
For more information visit www.helplinecenter.org/diy