

ADDRESSING PERIOD POVERTY IN COWICHAN





We acknowledge that for thousands of years the **Quw'utsun,**
Malahat, Halalt, Penelakut,
Stz'uminus, Lyackson, Ts'uubaa-
asatx, and Ditidaht Peoples have stewarded the traditional,
ancestral, and unceded territories now known as the Cowichan Valley.

CWHC

GRATEFULLY ACKNOWLEDGES THE SUPPORT OF

- United Way of British Columbia, with particular acknowledgement of the support of Diana More and Dr. Lisa Smith (Douglas College research advisor)
- Period Poverty Task Force: vision, funding
- Service providers collaborating with this project, and
- The staff of our suppliers: The Bargains Group and Aisle

“

IF WE COULD MAKE IT A LITTLE BIT CHEAPER FOR US JUST TO BE WOMEN THAT WOULD BE A BEAUTIFUL THING. NOT JUST PRODUCTS ... IT'S THE BLADDER. IT'S EVERYTHING WE GO THROUGH ... OUR BODIES GOING THROUGH SO MUCH.

”

Focus Group Participant

COLLABORATING PARTNERS

Cowichan Green Community, Kin Park Youth Urban Farm (food pantry)	Cowichan Tribes, Ts'ewultun Health Centre, Harm Reduction Team	Lookout Housing & Health Society	Vancouver Island Regional Library (5 branches): Chemainus
Cowichan Valley Youth Services	Hiiye'yu Lelum House of Friendship	Ladysmith Resources Centre Association	Cowichan (Duncan)
Cowichan Valley Basket Society (food bank)	Island Health (Vancouver Island Health Authority), Margaret Moss Health Centre (public health)	Canadian Mental Health Association, Cowichan branch	Ladysmith
Cowichan Women Against Violence Society	Literacy Now Cowichan	Volunteer Cowichan, Youth 20/20 program	Lake Cowichan
			South Cowichan (Mill Bay)

**“ *HALF OF OUR POPULATION NEEDS
HYGIENE PRODUCTS.***

***LET’S MAKE THEM ACCESSIBLE TO ALL
WHO NEED THEM.* ”**

Photovoice Participant

***“ OVERALL IT COMES DOWN TO THIS:
MENSTRUATION AFFECTS ½ OF THE
POPULATION OF OUR PLANET. WE NEED
TO NORMALIZE FOR EVERYONE
WHETHER IN SCHOOL SYSTEM OR NOT. ”***

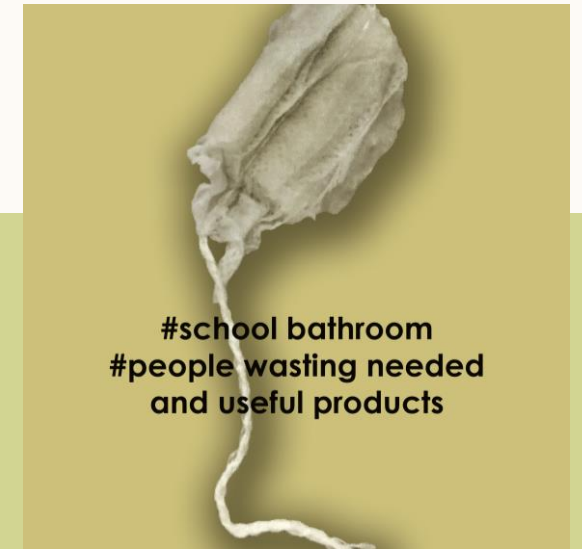
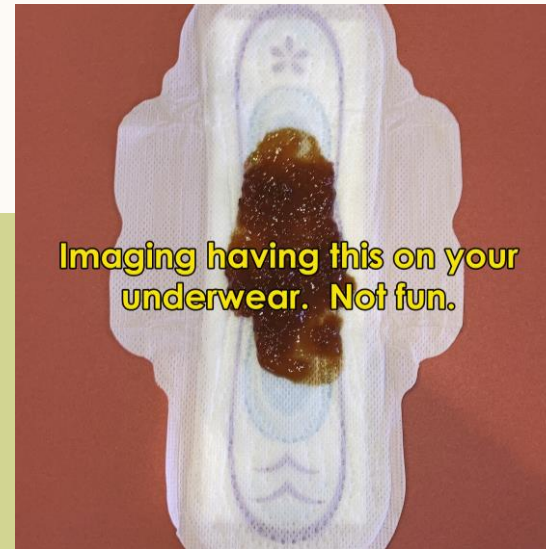
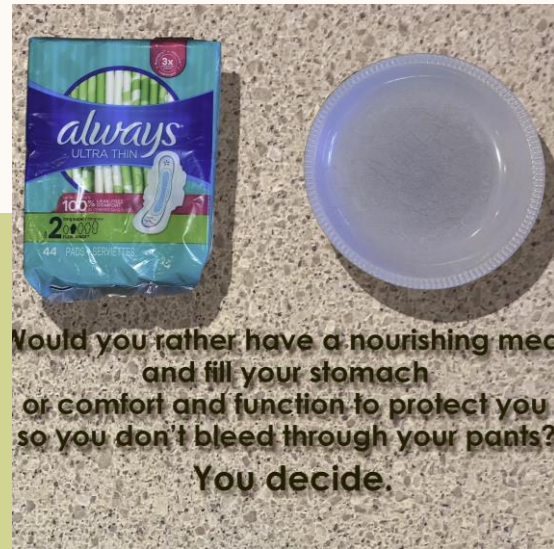
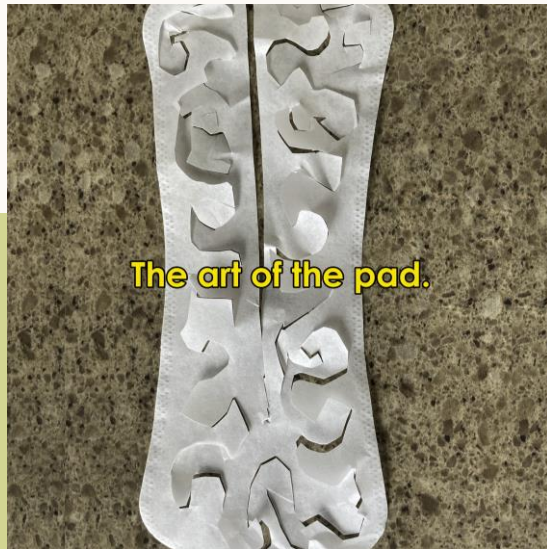
Service Provider

***“EVERYONE KNOWS WOMEN BLEED.
JUST TRUE FACT.***

***EVERYONE LIKES TO PRETEND IT
ISN'T TRUE.”***

Focus Group Participant

PHOTOVOICE EXHIBITION



SUMMARY

Menstruating people want to be asked about their experiences. They also want to be heard, i.e. have their concerns addressed.

Period Poverty could be solved with the elimination of poverty. The two are interconnected.

The project highlighted some of the challenges faced by menstruating people that bring into sharp relief the marginalization of women in the healthcare system:

- *Prevalence of incontinence after birthing*
- *Lack of consideration of pain associated with menstruation*
- *Health conditions that exacerbate menstrual bleeding*

Great project – much more work to be done!

MOVING THE ISSUE FORWARD

Period Promise Campaign: United Way

Possible resolution to UBCM or AVICC



THANK YOU

Cowichan Women's Health Collective

<https://www.cowichanwomenshealth.org>

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