



## Time of the Month Club

Collecting Period Supplies for Women in Milwaukee who are Homeless

*Your generous donation will help women protect their health and keep their dignity.*

**Period supplies are expensive.** The average woman uses 5 tampons or pads a day for the duration of her period. The average period is 5-7 days requiring 25 to 35 tampons or pads. A box of 36 tampons costs \$8.19 and a box of 44 pads costs \$9.49. Lack of period supplies might seem like a minor thing but to a woman who is homeless, it can be the last straw in an already terrible situation. It doesn't have to be this way. We can help.

### Here's how you can help.

1. **Donate supplies.** If you see a Time of the Month Club donation box at your place of work, donate! We will also arrange a drop-off or pick-up of a donation. Contact Jan Wilberg at [jwilberg@wi.rr.com](mailto:jwilberg@wi.rr.com) or text her at 414-313-3788.
2. **Donate money.** Donate via PayPal to [MilwaukeeTMC@gmail.com](mailto:MilwaukeeTMC@gmail.com). Or send a check to Time of the Month Club, 3269 N. Summit Ave., Milwaukee, WI 53211.
3. **Order in bulk.** Discounted purchase of individually-wrapped tampons and pads is available through BestEd Business. Contact [jwilberg@wi.rr.com](mailto:jwilberg@wi.rr.com) to get the ordering instructions. This is a great deal!
4. **Follow Time of the Month Club on Facebook.** Spread the word with your friends and family.

**Supplies are distributed directly to women who are homeless.** We distribute donated supplies via Milwaukee homeless shelters and street outreach. Every single tampon and pad goes directly to a woman who is homeless. We make a difference in women's lives right away!

**Time of the Month Club®**

*We make life better for women who are homeless.*