



Days for Girls Northern Virginia

What if... not having sanitary supplies meant
DAYS without school,
DAYS without income,
DAYS without leaving the house?

The Northern VA chapter of Days for Girls is a non-profit organization that empowers girls and women worldwide with more dignity, health, and safety through access to quality sustainable menstrual health management and education. Its vision is that every teen will have access to menstrual hygiene by 2022. Led by a team of passionate volunteers, the Northern VA chapter coordinates volunteers to cut, sew, and assemble hundreds of washable menstrual hygiene kits for local and worldwide distribution.

Volunteer with Us!

Our volunteer opportunities include cutting, sewing, and assembling sustainable menstrual hygiene kits, which allow menstruators experiencing poverty to manage their monthly period for up to 3 years. This is a wonderful, meaningful opportunity for students needing service hours. All ages and skill levels are welcome. Please send an email to northernva@daysforgirls.org to volunteer!

Donations Needed

Monetary donations help our team replenish supplies that cannot be donated. All donations are 100% tax deductible and help empower girls, women and communities around the world. Donate here: tinyurl.com/dfgnovadonate

Material Donations:

- 100% Woven Cotton and 100% Cotton Flannel yardage (Bright Prints, Pre-Washed and Dried) (*No fabric softeners, no prints of people, animals, insects, or camouflage.*)
- 100% Polyester Thread (large and small spools)
- Travel-size bars of soap (hotel-size is perfect)
- Gallon-size ziplock bags