

BEPREPARED DEROGIRL. PRO GIRL. PRO HEALTH. PERIOD.

2025–2026 Sponsorship Opportunities











ABOUT GIRL FLOW

Mission

To ensure every girl is prepared for her menstrual cycle through access to period products, health education, and a community of support—so she can show up with confidence in school, at home, and in life.

Vision

A world where menstruation is no longer a barrier to a girl's education, health, or self-worth—because every girl deserves dignity, equity, and support.

Our Focus Areas

- Period Equity Distributing free, school-based menstrual products through our Red Cart Essentials program to keep students in class.
- Health Education Delivering interactive workshops like Her Essentials to build puberty preparedness. and healthy habits.
- Mental Wellness Promoting confidence, self-care, and body literacy through programs like Growing Girl and Spill the Tea.

1 IN 5 STUDENTS DON'T HAVE ACCESS TO PERIOD PRODUCTS. WE'RE HERE TO CHANGE THAT.



IMPACT SNAPSHOT

KEEPING IT FLOWING



15

Schools Served in 2024-25



Students Supported

30K

Period Products Distributed

10

Menstrual Health Workshops

600

Community Volunteers

"Thanks to Girl Flow, I don't feel embarrassed anymore. I learned what to expect and how to take care of myself. Now I help my friends too!"

— 6th Grade Student, Her Essentials Workshop





OUR PROGRAMS

Our Whole Girl Wellness Approach: Mind, Body & Confidence



Red Cart Essentials

We stock 15 local schools, 3 after schools and 2 pantries with free, refillable menstrual care kits—ensuring girls have what they need, when they need it.



Her Essentials Workshops

10 engaging sessions delivering hands-on puberty, mental health, nutrition and hygiene education to 4th–10th grade girls—building knowledge, confidence, and sisterhood. Parent workshop available!



Growing Girl Curriculum

Our new curriculum empowers
4th & 5th grade girls to explore
wellness, boundaries, self-care, and
reproductive health in ageappropriate, affirming spaces.



Flow Bus & Hygiene Hub

The Flow Bus & Hygiene Hub is Girl Flow's mobile outreach unit that collects & delivers period products, health education, and wellness resources directly to schools and communities, ensuring every girl has access—no matter where she is.

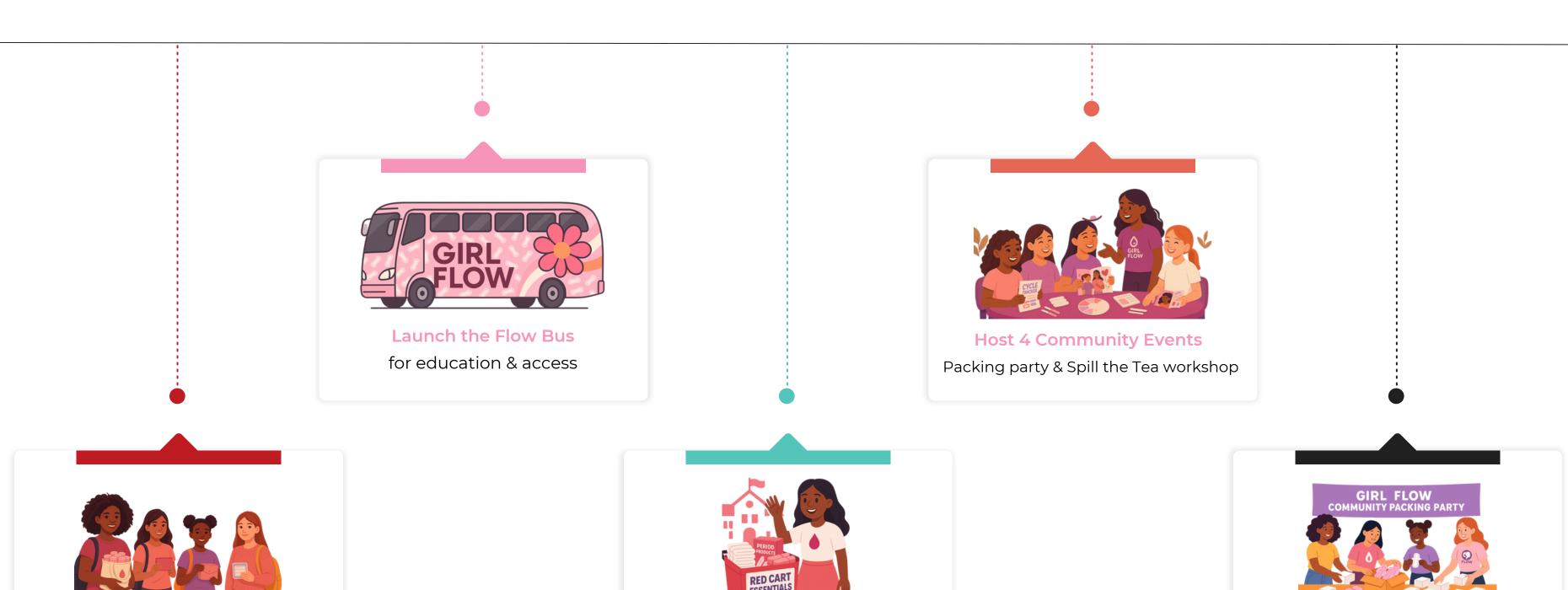


Reach 10K girls

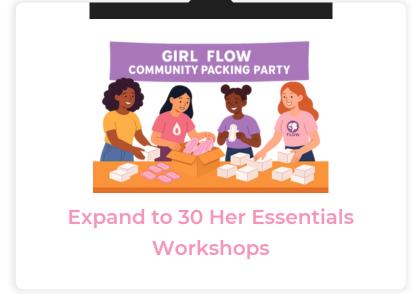
with digity, products, power

WHAT'S FLOWING NEXT:

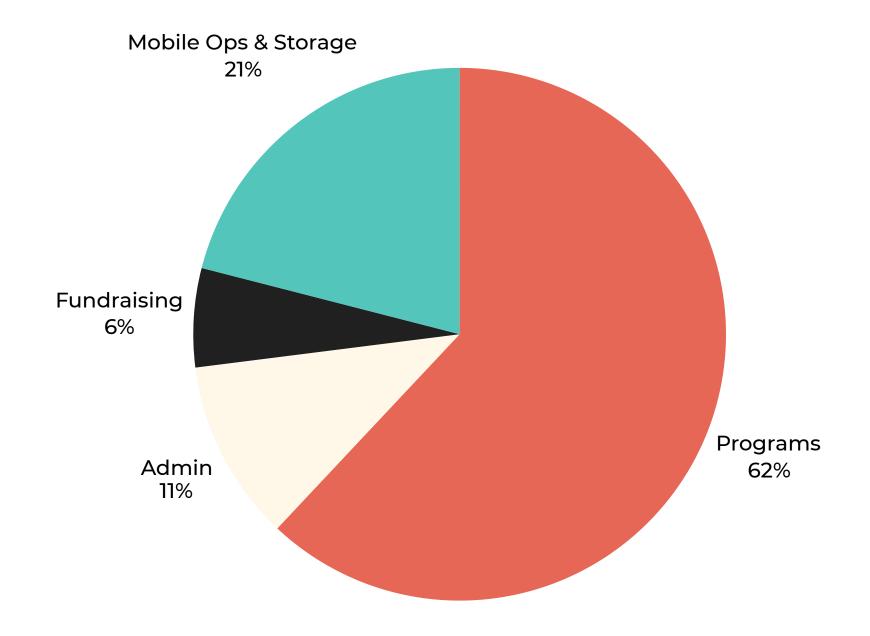
2025–2026 Goals











Total: \$147,500

BUDGET BREAKDOWN

"Where Your Donation Goes"

Total Goal \$147,500

- 62% Programs
- 21% Mobile Ops & Storage
- 11% Admin
- 6% Fundraising



SPONSORSHIP LEVELS

Your support brings Girl Flow programs to life in schools, communities, and homes. Let's build a world where every girl is prepared — every period, every time.

EMPOWER HER PARTNER- \$25,000+

- All Period Champion benefits
- Title Sponsor of one signature event
- Logo on Flow Bus (one year)
- Employee Impact Day packing party
- Girl Flow Plaque presentation
- 2 Tickets to Girl Flow annual events

PERIOD CHAMPION - \$10,000

- All Confidence Builder benefits
- "Sponsored by [Company]" on Red Cart boxes (2 schools, 1 year)
- Vendor table + 10-minute remarks at one event
- Co-branded kit insert (pre-approved flyer or small item).
- 1 Ticket to an annual Girl Flow event



FRIEND OF THE FLOW - 500- \$1,000

- Name listed on the Impact Report and website
- Social media thank-you post
- Recognition in one In the Flow newsletter

CONFIDENCE BUILDER - \$5,000

- All benefits from the Wellness Ally
- Logo on Her Essentials kits (1 semester)
- Partner Spotlight (blog or social interview)
- 2 team Packing Parties (up to 20)

WELLNESS ALLY -1000-2500

- Logo (or name) placement on the Girl Flow website and in the annual Impact Report
- One branded social media post
- Recognition in one In the Flow newsletter
- Invitation for a team to participate in a kitpacking volunteer event (up to 5 people)



SPONSORSHIP HIGHLIGHTS:

What Sponsors Can Expect

- Recognition: Logo/name displayed across selected platforms (website, social, events, or kits, based on your level).
- Engagement: Invitations for packing parties or special events to connect your team with the community.
- Impact Visibility: Custom updates and an annual Impact Report feature showing how your sponsorship supports students and families.
- Flexibility: Opportunities to tailor benefits (co-branded materials, employee events) to align with your goals.

How Your Brand is Displayed

- Digital: Website sponsor page, donor newsletters, and tagged posts on Girl Flow social media channels.
- Print: Impact Report, event signage, and program flyers.
- Kits: Logos or approved inserts in Her Essentials kits, Growing Girl materials, or Red Cart school boxes (sponsor levels apply).
- Events: On-stage mention or display signage at key events such as Spill the Tea, Mother-Daughter Brunch, or Wellness Day.

Approved Items for Girl Flow Bags

(Pre-approved; sponsor provides items in bulk)

Wellness & Care: Travel wipes, mini hand sanitizer, lip balm, stress band, small wellness or self-care items. Education & Support: Period tracker cards (co-branded), health tips cards, financial literacy tip cards, nutrition tips cards. Compact Print Materials: Small tri-fold pamphlet (1 per kit).

Restrictions: No liquids beyond travel size, no food allergens, compact items only to ensure bags stay lightweight and safe.

Tips for a Great Partnership

Plan packing parties at least 30 days in advance.

Send bag insert designs for pre-approval to ensure alignment with Girl Flow branding and student safety standards.

Coordinate with our team to maximize your event visibility and engagement opportunities.





ANNUAL EVENT SPONSORSHIP OPPORTUNITIES



Girl Flow hosts three signature events each year to empower girls, engage families, and educate communities:

SPILL THE TEA WOMEN'S WELLNESS WORKSHOPS – UP TO \$5,000 PER EVENT WELLNESS DAY – UP TO \$3,500 MOTHER-DAUGHTER BRUNCH/TEA – UP TO \$5,000

Each sponsorship level helps cover critical costs like venues, nutritious meals, instructors, panelists, giveaways, and décor, ensuring every attendee has an empowering, memorable experience.

\$500 - FRIEND OF THE FLOW

- Name on website and event program
- Social media thank-you post before and after event
- Verbal recognition at the event

\$1,000 - WELLNESS ALLY

- All Friend of the Flow benefits
- Logo on event signage and digital promotions
- Option to provide wellness giveaways or branded items for attendees

\$2,500 - CONFIDENCE BUILDER

- All Wellness Ally benefits
- Logo on event backdrops and printed materials
- Social media feature post and tagged thank-you video
- One reserved seat at the event for a representative

\$5,000 - EVENT CHAMPION (TITLE SPONSOR)

- Exclusive "Presented by [Company Name]" title branding for the event
- Logo on all event marketing materials, signage, and press releases
- Vendor table or booth at the event
- Opportunity for a company representative to speak or greet attendees
- Custom recognition in Girl Flow's newsletter and Impact Report



EVENT HIGHLIGHTS



Spill the Tea Women's Wellness
Workshop
Costs: Venue, food, panel speakers,
wellness giveaways, and décor.
Audience: Women and girls in the
community, healthcare
professionals, and advocates



Wellness Day
Costs: Instructor, giveaways,
mats/equipment, venue,
snacks/lunch.
Audience: Mothers, daughters,
and women seeking holistic
wellnes



Mother-Daughter Brunch/Tea
Costs: Venue, food, event décor, special
activity for attendees.
Audience: Girls and their caregivers for
bonding, education, and empowerment

Opportunities for Sponsors

Cover the cost for specific elements like catering, panelists, event decor or wellness items. Provide approved branded giveaways (water bottles, wellness items, or educational pamphlets Engage employees through volunteer opportunities



HERE'S HOW YOU CAN HELP



Sponsor a Girl



Host a Packing Party



Fund a Cart



Share our story



Adopt a School

Your support brings Girl Flow programs to life in schools, communities, and homes. Let's build a world where every girl is prepared — every period, every time.





LET'S PARTNER

Be a part of changing the cycle. Sponsor a flow today.

Become a sponsor.

Make a monthly donation.

Book a meeting with us.











