



Entre Nous Femmes
HOUSING SOCIETY

Period Promise Program

JUNE 2026



Program Overview

Objective

The Period Promise Program (the Program) aims to support menstrual equity and provide free access to essential health supplies by providing a three (3) year's supply of reusable menstrual products to Entre Nous Femmes Housing Society (ENFHS) residents who need them.

Disposable products may be available in each building throughout the year, upon receipt of donated products or additional funds for bulk purchases.

Who Can Participate

The Program is available to ENFHS residents who use menstrual products. Individuals of all ages and gender identities are welcome to participate. Residents must be 13 years of age or older to apply. For applications for children under 13, an adult must apply. **Participation per resident is limited to once every three years** for reusable products. Please note that funding is limited, and applications will be approved until available funds are exhausted.

Note: If you registered for re-usable products in 2025, you will be re-eligible in 2028.

How to Enroll

Residents can complete the application form attached and return it to periodpromise@enfhs.ca to enroll in the program or complete the application online at enfhs.ca/periodpromise. Please note that it can take up to five (5) business days to process your application form and confirm eligibility.

“Thank you so much for this program. It made reusable menstrual products so much more accessible for my family.”

- Project Participant

Program Details

Available Product Options

Option	Brand*	Details	Delivery Method
OPTION 1: Reusable Underwear Power Pack	Revol Cares	Reusable underwear bundle (3 bikinis and 2 sleep shorts) Order online using a confidential link once eligibility is confirmed	Order delivered by mail
OPTION 2: Menstrual Cup and Reusable Liners	Aisle	Menstrual cup (two sizes available) and 4 reusable cloth liners Order is fulfilled by ENFHS staff once eligibility is confirmed	Order delivered by ENFHS staff

***Revol Cares** and **Aisle** are local, B.C.-based companies committed to sustainability and menstrual justice. Check out their products at: [Revol Cares](#), and [Aisle](#)

Product FAQ

Q: What size cup should I order?

Choose size A if you're new to cups or have trouble inserting tampons.

Choose size B if you've given birth or have a weak pelvic floor.

Q: What size panties should I order?

Please see the Revol Cares [size guide](#)

Distribution

ENFHS will maintain a supply of menstrual products (reusable menstrual underwear, menstrual cups, and liners) and partner with local suppliers or organizations for product donations or bulk purchases.

Once an application form is processed and eligibility is confirmed, ENFHS staff will contact the resident to complete the order based on their chosen product option. Residents will be notified when the products are ready.

Products will be distributed in a private and convenient method (e.g., confidential link, direct delivery, pick-up locations) depending on the option selected by residents on their application form.

Contact

For any questions regarding the Period Promise Program, please contact us at periodpromise@enfhs.ca or call us at (604) 451-4412.

Thank you to our Period Promise Partners!



Period Promise Program Application Form

Date of Request:	
Building Name:	Unit #
Applicant: (First & Last Name)	
Email:	
Telephone:	
Which re-usable product would you like to order?	
<ul style="list-style-type: none"> • Option 1: Five-pack period underwear • Option 2: Menstrual cup + Four re-usable liners 	
If you selected Option 1 - Period Underwear, please choose your size:	
<ul style="list-style-type: none"> • XS-S • M-L • XL-1X • 2X-3X 	
If you selected Option 2 - Cup, please choose your size:	
<ul style="list-style-type: none"> • A • B 	
Have you participated in ENFHS Period Promise Program in the past?	
<ul style="list-style-type: none"> • Yes • No 	
How did you hear about the Period Promise Program?	
<ul style="list-style-type: none"> • ENFHS Website • ENFHS Event • Staff member • Neighbour • Other, please specify 	
Would you like to leave any comments for the ENFHS Period Promise Program?	

Internal Use Only	
Reviewed by:	Date of Review:
Approved: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Comments:	