



AUGUST NEWSLETTER

The Women's Health Advocacy Club aims to raise awareness and break the stigma surrounding health issues faced by individuals who are female-identifying.

**INTERESTED IN WOMEN'S
HEALTH ADVOCACY?**

Stay tuned to learn about
how to get involved!

**THIS MONTH QWHA
PROMOTES**



Contraception

DID YOU KNOW?

- Contraceptives are physical and mechanical tools that can protect against STDs and prevent unwanted pregnancies
- The estimated annual cost of unintended pregnancies in Canada is ~\$320 million per year
- It would cost \$152 million dollars to provide hormonal contraceptives free of cost to all Canadians
- Contraceptive disparity disproportionately affects young adults, new immigrants and those living in rural northern communities



NEW THIS MONTH

For August, QWHA spotlighted the following initiatives:

CoverContraceptiON

- A group of health care professionals advocating for free contraceptives in Ontario.
- You can follow CoverContraceptiON on twitter for more resources @contracepti_ON

Action Canada

- A Canadian organization that advocates for sexual and reproductive rights both in Canada and around the world.

WHAT CAN YOU DO?

In the upcoming federal election this September, contact your local party candidate to advocate for free access to contraceptives. Use this link to find your candidate or MP by postal code:

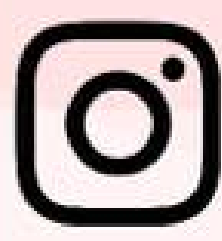
<https://www.ourcommons.ca/members/en/search>.

Make sure you vote in the election if you can! It's important and fairly straightforward. Here are instructions on how to vote in the September 2021

Federal Election: <https://www.elections.ca/home.aspx>

OUR FIRST EVENT

QWHA AGAINST STIGMA: REPRODUCTION



INSTAGRAM LIVE EVENT

FT. SPEAKERS FROM QUEEN'S PERIOD

This IG live is to facilitate a discussion around women's **reproductive rights** and stigma about **menstruation/menopause** within the QWHA community to spread information and awareness

AUGUST 29TH @ 6:00PM

ATTEND AND RECIEVE COUPONS FROM:

**DUB FINDS THRIFT SHOP
OPAL AND FERN
SANTINA'S STICKER BOX**





Stay Tuned for our...

SEPTEMBER NEWSLETTER

Featuring interview details!