

## Ways to Help



### Host a Meeting

We conduct introductory and promotional meetings with friends to encourage donations for financial support and to generate additional volunteer help. These gatherings feature Hana as an inspirational speaker.



### Volunteer for Sewing

Be part of the local volunteers who make the kits to allow girls to stay in school. Each girl who receives a kit also receives a message that she is seen, valued and important. The fabric, other sewing materials and training are provided.



### Donate Money

Through our website you can select a method of donating that is easy for you. We need your help to achieve our goal to reach...

*Every Girl  
Everywhere at Lakeside  
Period.*

## DFG Kit

Our menstrual management kit we distribute to each girl is a solution that lasts for up to three years and is sustainable because it is reusable, saving money over disposables. It's comfortable and the girls love it.



*Providing a girl  
with what she needs  
changes everything*



**DAYS FOR**  
 **GIRLS**  
Lake Chapala.Mexico

Check out our website and follow us on Facebook for the most current program information.



[www.daysforgirlslakechapala.org](http://www.daysforgirlslakechapala.org)



Days for Girls Lake Chapala Mexico