

DiVINE
DR  PS

PARTNERSHIP GUIDE.



MEDIUM COLLABORATION LEVEL

“changing the world, one period at a time”

We offer different levels of collaboration to accommodate organizations of various sizes and capacities. These levels ensure that every organization can find a suitable way to participate and contribute to the success of the program. This is an initial proposal, but we understand that everyone has different needs and contexts, our idea is just to provide an overview of the way we work and how we're used to organizing these types of collaborations, but we're always open to writing our own story and contribute in diverse ways.

MEDIUM COLLABORATION LEVEL

Target Audience: Organizations that are ready to engage more actively in the partnership by hosting workshops, distributing materials, and participating in community outreach efforts. These organizations are interested in making a meaningful impact and contributing to the program's success in their local communities.

Identification Criteria:

- About resources: Organizations willing to engage more actively by hosting workshops, distributing materials, and participating in community outreach efforts to raise awareness and educate the public about the program's objectives.
- About participation: Organizations prepared to organize or co-host local events or educational sessions that align with the program's goals, enhancing their community presence and fostering greater participation.

What's an example of a good fit for this level?: A regional non-profit organization that plans to host periodic workshops and outreach events to promote the program. They are willing to provide feedback, participate in periodic check-ins, and actively contribute to the program's growth, while still focusing on local-level execution rather than broader strategic planning.

General characteristics of this level:

- The decision-making authority of the organization that receives the benefits is moderate; organizations have the ability to make decisions related to local event planning and execution, allowing them to tailor the program to fit their community's unique needs.
- The collaboration's customization level is moderate, materials can be adapted to better suit the local context, providing some flexibility while maintaining the core message and goals of the program.
- The commitment duration is medium-term, with periodic reviews to assess the partnership's effectiveness and explore opportunities for further engagement or expansion.

MEDIUM COLLABORATION LEVEL

Benefits:

- **Recognition:** Your organization will be prominently featured on our website and promotional materials.
- **Local Engagement:** More opportunities to participate in community events and engage with local stakeholders.
- **Educational Materials:** Access to more educational resources, including customizable posters, pamphlets, and advanced training modules.
- **Training and Support:** Receive in-depth training and ongoing support for effective program implementation through our *train the trainer* course.

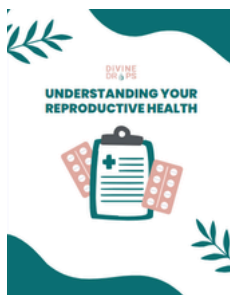
Requirements:

- **Promotion:** Strong commitment to promoting the program within your organization and community.
- **Staffing:** Two staff members to oversee program implementation who can take our *train the trainer* certification.
- **Event Hosting:** Ability to organize and host multiple workshops and outreach events.
- **Feedback:** Provide detailed feedback and participate in program evaluation.

What We Need from You:

- Frequent updates on program activities and participant feedback.
- Active collaboration on local marketing and outreach efforts.
- Assistance with distributing materials and organizing events.

Which programs are available for this collaboration level?:



THE DOCTOR'S OFFICE



PERIOD PARTY



HEALTH COURSES



CELEBRATING OUR SEASONS



REUSABLE PRODUCT DISTRIBUTION



DIGNITY KITS

THE DOCTOR'S OFFICE

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Our program is designed to foster a close doctor-patient connection, ensuring women have access to accurate information and educational resources through their Medical doctor. By building strong, trust-based relationships between doctors and patients, we aim to enhance the quality of care and support for women's health.

Through this initiative, we strive to dispel myths and reduce misinformation surrounding critical topics such as the menstrual cycle, hormonal imbalances, anatomy, and all aspects of feminine wellness. Our comprehensive educational resources are tailored to address common concerns and provide evidence-based knowledge, empowering women to make informed decisions about their health.



OUR PROGRAM GOALS

- Enhance Health Literacy.
- Foster a trusting and open relationship between participants and their doctors.
- Dispel Myths.
- Encourage participants to advocate for their health needs.
- Encourage Preventive Care.

WHO CAN BE PART OF THE BENEFITS?

Adolescent Girls.

College Students.

New Mothers.

Caregivers.

Educators.

Healthcare Professionals.

Rural Populations.

Low-Income Women.

Pregnant women.

Women with Chronic Health Conditions.

You can find more information about this amazing program

https://drive.google.com/drive/folders/1SxEIG9uHQU8_OPbbwNNr-uw7pZ0ku78T

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PERIOD PARTY.

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Our program aims to create a joyful and secure haven where all menstruators can educate themselves and empower others in advocating for period health. We provide party host with the knowledge and tools they need to promote menstrual health awareness to their friends, while emphasizing community and support, ensuring everyone feels valued and included.

Think of it as a party with a purpose. Combining the informative aspects of a workshop with a personal and enjoyable twist, we make learning about period health fun and impactful. Through interactive sessions and engaging activities, participants share experiences, gain insights, and build lasting connections, leaving inspired to advocate for menstrual health in their own communities.



OUR PROGRAM GOALS

- Educate Participants on Menstrual Health.
- Promote Period Health Advocacy.
- Reduce Menstrual Health Stigma.
- Provide Practical Tools and Resources about the period, women's health, hormones, wellness, etc.
- Create Engaging and Fun Learning Experiences.

WHO CAN BE PART OF THE BENEFITS?

Adolescents and Teenagers.

Young Adults.

Teachers and Educators.

Parents and Guardians.

Community Leaders.

Nonprofit Organizations.

School Health Programs.

Youth Group Leaders.

School Nurses.

Community Health Workers, Corporate Wellness Programs, etc.

You can find more information about this amazing program

<https://drive.google.com/drive/folders/1SxElG9uHQU8OPbbwNNr-uw7pZOku78T>

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HEALTH COURSES.

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Our expertly crafted educational courses are designed to cater to diverse interests and needs, ensuring comprehensive and engaging content for all participants. These courses are available on our user-friendly platform, providing free access to thousands of visitors who frequent our website annually. We aim to empower individuals with knowledge and skills that promote menstrual health and sustainable practices.

In addition to our online courses, we offer workshop packets tailored for communities eager to collaborate and disseminate these valuable resources. These packets include everything needed to conduct informative and interactive sessions, fostering a supportive environment for learning and growth. By equipping community leaders with these tools, we ensure that essential education reaches even the most remote areas.



OUR PROGRAM GOALS

- Access to reliable and accurate information about health.
- Curriculum development.
- Empower and inspire community leaders.
- Promote sustainable practices.
- Increase awareness.

WHO CAN BE PART OF THE BENEFITS?

Men and women.

Teachers and educators

Kids and teenagers.

Parents and guardians

Community members

Health advocates

Non-profit organizations

Health professionals

Government organizations

You can find more information about this amazing program <https://docs.google.com/document/d/1luO3ALmWdpzQeGtigq6wqnehO2uMzGt9x43oPY9nyYw/edit>

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CELEBRATING OUR SEASONS

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

"Celebrating Our Seasons" is a transformative program by Divine Drops, designed to support women's holistic well-being through the integration of yoga, meditation, and educational workshops.

Our mission is to create a nurturing community where women can explore and enhance their physical, mental, and emotional health. The program partners with yoga studios to offer four distinct versions, ensuring a diverse and adaptable approach that meets the unique needs and preferences within each community.

The workshops cover a wide range of topics, from stress management and mindfulness to physical health and personal empowerment, equipping women with the tools they need to lead balanced and fulfilling lives.



OUR PROGRAM GOALS

- Support women's holistic well-being.
- Offer diverse, adaptable workshops.
- Foster community and connection.
- Empower women with stress management tools.
- Partner with yoga studios for accessibility.

WHO CAN BE PART OF THE BENEFITS?

Stress management learners

Yoga studios

Wellness centers

Mindfulness practitioners

Health-conscious women

Community organizations

Women's health advocates

Wellness-focused groups

Meditation enthusiasts

Women seeking holistic well-being.

You can find more information about this amazing program https://docs.google.com/document/d/1xxQ3_RjSNbCejZUbDdIV7_JBOcErTyEXyMdmurpmpgQ/edit?usp=sharing

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REUSABLE PRODUCTS DISTRIBUTION

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

The Reusable Products Distribution program is designed to collaborate with a wide range of organizations, schools, and community groups with the goal of improving menstrual health through the distribution of reusable menstrual products.

These products include reusable pads, period panties, and menstrual cups, all of which offer long-term, sustainable solutions for menstruators. In addition to providing these products, the program emphasizes comprehensive education, ensuring that recipients understand how to properly use the products, their numerous long-term benefits, and how to support individuals in their menstrual journey effectively.

By building strong and meaningful partnerships, the program strives to enhance menstrual hygiene management practices, significantly reduce environmental waste, and promote greater health equity within underserved communities around the world.



OUR PROGRAM GOALS

- Provide access to reusable products.
- Teach proper product use and care.
- Encourage open menstrual conversations.
- Promote transition to reusable products.
- Offer ongoing support and resources.

WHO CAN BE PART OF THE BENEFITS?

Adolescent girls	Young women	Low income women
Underserved communities	Rural populations	Remote areas
Schools	Educational institutions	Health care providers
Patients in underserved areas		

You can find more information about this amazing program <https://docs.google.com/document/d/1pbDGtn7CJX8a1sNh4e4dMHCVdf17iEvUTcgxDSEnKH4/edit?usp=sharing>

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DIGNITY KITS

KNOW THE PROGRAM.

WHAT IS THIS PROGRAM ABOUT.

Dignity Kits program offers middle schools complimentary reusable menstrual kits and educational resources to promote menstrual awareness and hygiene in schools and the wider community.

The goal is to empower young girls to attend school confidently, without the feelings of shame or fear that often accompany menstruation. Schools receive these kits and ensure they are accessible to girls who need them, focusing on students who may face menstrual health challenges.

The kits contain reusable menstrual pads, educational handouts on menstruation, the menstrual cycle, hormones, and general health. In some cases, donated books are included to further educate students about these topics.



OUR PROGRAM GOALS

- Provide middle school girls with reusable menstrual kits.
- Educate young girls on menstrual cycles and hormones.
- Empower girls to manage periods with confidence and dignity.
- Promote open conversations and awareness about menstruation.
- Include comprehensive educational resources on menstrual health.

WHO CAN BE PART OF THE BENEFITS?

Educators	Low-income students	Middle school girls
Administrators	School nurses	Parents
Counselors	Community leaders	School community
Girls who face challenges in accessing menstrual products		

You can find more information about this amazing program <https://docs.google.com/document/d/1GvkQUOM1s5fWfkM6NfcxD136iG9-KFBbB5keVVwm07o/edit?usp=sharing>

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KNOW THE PROCESS

Check Our Information

- Explore our website and informational materials to learn about our programs and projects.
- Review this booklet and other specific documents provided for your organization.

Submit an Initial Application

- Complete the initial application form on our website.
- The form requires basic information about your organization, your interest in our programs, and any specific collaboration ideas you may have.
- We'll follow up through established communication channels if you've had prior contact or discussed a potential collaboration.
- We aim to respond within two weeks. Additional information or clarification may be requested.

Set a Date for a Discovery Call

- If your application is successful, we will schedule a discovery call.
- This call allows us to learn more about your organization, discuss your goals, and explore collaboration opportunities in detail.

Design a Personalized Collaboration Plan

- After the discovery call, we will create a personalized collaboration plan tailored to your organization's needs.
- This plan will outline specific roles, responsibilities, and resources required, ensuring clear understanding and effective partnership.

Training, implementation and evaluation

- After agreeing to the partnership, you'll receive all necessary training and resources for a successful start. We'll stay in touch with regular check-ins to support your progress and address any challenges. Ongoing evaluations and feedback will help measure impact and improve future collaborations.
- Now, we invite you to dive into the next section, where you'll find a detailed breakdown of the implementation process. This guide will walk you through each step, ensuring you have everything you need for a smooth and successful partnership.

HOW WILL BE THE EXPERIENCE OF THIS COLLABORATION?

WEEK 1

GET READY

- We'll provide you with all the materials and resources you need to understand the program fully.
- Participate in the *train the trainer* course where you'll learn everything about the organization, the content of our resources, and how to effectively implement the program.
- Take time to review all training materials and ask any questions to ensure you're comfortable with the content.

WEEK 2

PLANNING

- Develop a strategy for how you'll introduce the program to your community.
- Schedule your first event or distribution, ensuring you have enough time to prepare.
- Inform your community, school, or workplace about the upcoming event through invitations, flyers, or online announcements.

WEEK 3

PROGRAM LAUNCH

- Event or Distribution Kickoff: Host your event or begin the distribution of resources.
- If your program has multiple sessions or parts, begin the first session or phase this week.

WEEK 4-7

LET'S REFLECT AND PLAN AHEAD

- Continue Program Execution: Continue to run the program, distributing resources or hosting events as planned.
- Monitor Progress: Keep track of how the program is being received and address any challenges that arise.
- Weekly Check-Ins: Submit progress updates using the form we share with you each week, sharing your experiences, challenges, and successes.

HOW WILL BE THE EXPERIENCE OF THIS COLLABORATION?

WEEK 7

MEETING

At the end of Week 7, we'll hold a virtual meeting to:

- Review your progress.
- Discuss any needed adjustments.
- Provide additional support.
- Gather feedback on the partnership.
- Discuss the option to either continue the program for 8 more weeks, increase the collaboration level or any other option according to the context.

WEEK 8

PROGRAM WRAP-UP

- Conclude the program and ensure all resources have been distributed or events have been completed.
- Complete a final evaluation using a form we'll provide, reflecting on the program's impact and success.
- Share all necessary folders, documentation, and evidence of the collaboration to help us promote the program.
- Provide feedback on your experience so we can improve the program and bring menstrual justice to more communities.

We're committed to helping you achieve lasting impact, and we look forward to working together to create meaningful change. Remember you can always contact us, we'll make sure we find the best way of starting the menstrual revolution together!

**THANK YOU
FOR
BUILDING A
NEW FUTURE
FOR OUR
GIRLS!**

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