

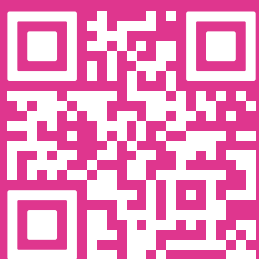


VOLUNTEERS *needed!*

**One act of kindness can
change a life.**

When you volunteer with Share the Dignity, you're not just giving your time - you're giving hope, dignity, and comfort to women, girls, and those who menstruate.

Together, we can create ripples of change across Australia.



*Become a Share the Dignity
volunteer today!*

SCAN TO LEARN MORE or visit
sharethedignity.org.au/volunteer



- ✓ Join a community of **passionate volunteers**
- ✓ **Give 3-5 hours** per week during a drive period
- ✓ Choose how & when to give your time to **fit with your lifestyle**
- ✓ Help ensure **menstrual equity** for all