



THE PERIOD CAFÉ PERIODS - WHAT'S THE BIG DEAL?

To normalise and de-stigmatise the dialogue around menstruation as these are conversational topics still remain hushed behind closed doors. This will be an open discussion, and a space for women to voice issues faced in a safe space with those undergoing similar experiences. We would like to address the stigma that is attached to periods and also help people to understand the implications of periods and menopause on mental health.