

*Her
& Flow*

CELEBRATE

Her

2019

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Trish-Ann McTaggart

I am Woman. Period.

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Collect donations of personal
care items for 3 girls homes
as well as mentors the residents



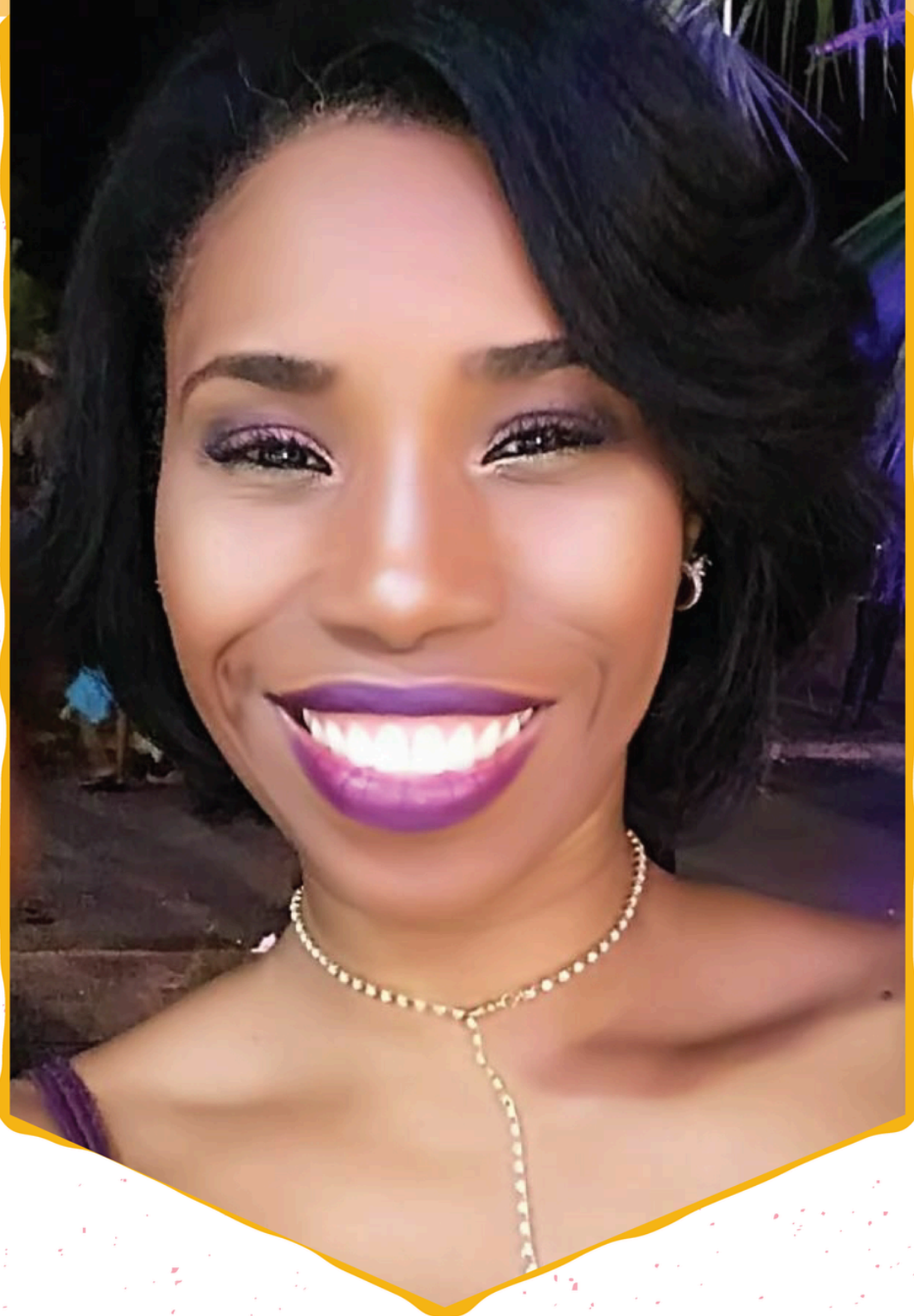
Monique Lynch

Mental Health Advocate

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Monique works with
mental patients at Bellevue Hospital.

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Sabrina Webster

Wine Down for Charity

.....

Raise funds for various causes
including Endometriosis and Lupus.

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Sara-Lou Walker

Angelic Society

.....

Works with juvenile inmates at the
South Camp Correctional Facility.

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Celia Steele

Operation Love

.....

Feeds the homeless

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Madeen Spence

I'm Glad I'm A Girl

.....

Advocate for and empower
girls so they grow up to be
confident women

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Lianne McNaughton

Youth Can Do IT

.....

Engages young girls in the
STEM fields focusing on IT.

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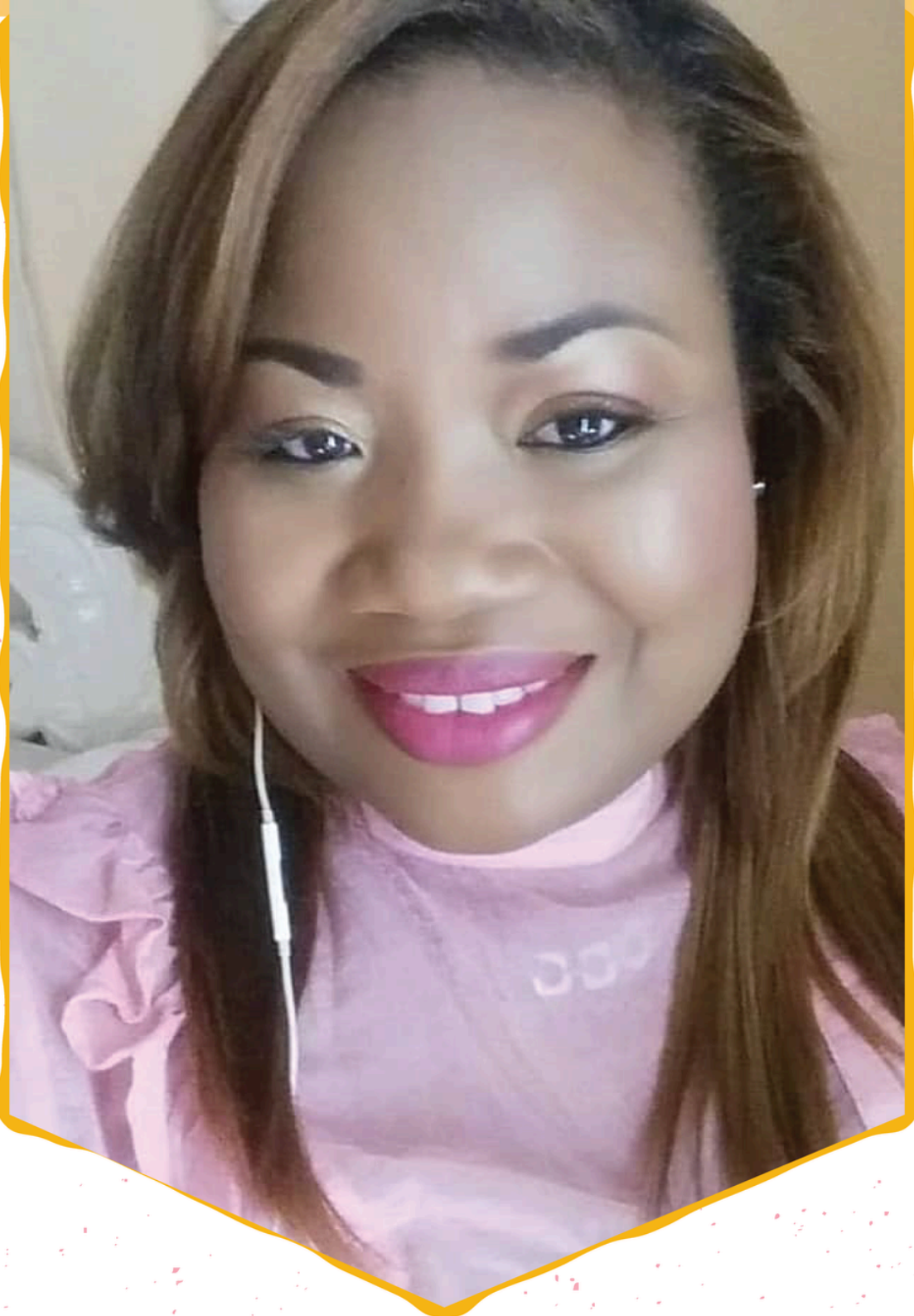
Danielle Terrelonge

Social Advocate

.....

Danielle is not tied to any one project.
She serves as she is lead to do so.

VISIT @HERFLOW FOR MORE



Jozeeth Brown

Tamar's Redemption

.....

Provides a support group
for women who suffered abuse.

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Chelsea Wright

Girls Who Know

.....

Raises awareness on Women Issues