

Her Flow
CELEBRATE
her





**Recognizing Jamaican
Women doing amazing
work in their communities
since 2019.**



ABOUT HERFLOW

HerFlow Foundation was formed by Author and Activist Shelly-Ann Weeks to address the stigma and shame associated with menstruation, end period poverty in Jamaica, and become a source of information for Female Reproductive Health. HerFlow's flagship project is to End Period Poverty in Jamaican as well as to empower Jamaican girls as they transition to womanhood.

OBJECTIVES

HerFlow Foundation has 5 main objectives:

- To **ADVOCATE** for Comprehensive Sexual and Reproductive Health Education in All Jamaican schools
- To **EMPOWER** women and girls about their Reproductive Health and Rights
- To **ADVOCATE** for greater access to comprehensive Female Reproductive Health Care
- To **END** Period Poverty in Jamaica
- To **EDUCATE** by creating a comprehensive reference for Female Reproductive Health



MESSAGE FROM HERFLOW'S EXECUTIVE DIRECTOR



I started HerFlow Foundation in 2016 because I wanted to solve a simple problem, to help improve the way Jamaican women see themselves and each other.

I knew that at our core, we are capable of amazing things - way beyond our own imagination. My mission was to remove any obstacles that get in the way of our greatness.

I believe that empowered women should always support each other and that is why Celebrate Her and the UNSUNG SHERO Award was created. I am in awe of the innovation and dedication employed every Jamaican Woman being recognized here today.

I really want to congratulate and thank all these phenomenal women for their dedication to making Jamaica better. I am already impressed and I can't wait to see what else you do.

To my partners, Lasco Curves, thank you for your commitment to empowering Jamaican women and for honoring Unsung Sherones.

I am estactic that we get to Celebrate Awesome Jamaican Women another year and I look forward to celebrating another group of Unsung Sherones in the future.

Shelly-Ann



ABOUT CELEBRATE HER

Celebrate Her was created in 2019 to recognize and honor Jamaican Women doing amazing work in their communities with the HerFlow Unsung Shero Awards.

Since inception 63 Unsung Sheroes have been honored including School Nurses, Guidance Counsellors and Community Organizers.

Throughout the years, we have recognized that there are many Jamaican women trying their best to make their communities more livable. Sometimes working alone and using their own resources to feed the homeless, provide books and school supplies for children, paying for exams for, and so many other initiatives.

This is why we **Celebrate Her.**



HerFlow CELEBRATE Her

Mar 27, 2022 | JDF Officers Club

Celebrate Her was created to honor Jamaican Women doing amazing work in their community with the HerFlow Unsung Shero Award. 15 School Nurses were recognized. Celebrate Her is sponsored by Curves.



Her Flow **CELEBRATE** 2023 *Her*



In 2023, 20 Jamaican Women were honored for their selfless work in their communities. Our youngest recipient was 9 years old and she completed a drive to End Period Poverty collecting and donating over 1200 packs of menstrual products. Not all the recipients were able to attend. Those not present were sent their awards and gift packages after the event. Celebrate Her was held at the Jamaica Pegasus Hotel on March 26, 2023 and included a live performance by Tanya Stephens.





Our Partners

It would not be possible to execute this project without the support of key stakeholders. Thank you to our partners for your partnership.



Thank You



2024 AWARDEES

Nominations were open on Social Media. Over 45 nominations were submitted this year. The selected 2024 HerFlow Unsung Sheros have risen to the standard and have demonstrated unwavering commitment to service.

Each nominee was asked the following questions:

- What word best describes you?
- What's the most rewarding aspect of your work?
- What motivates you?
- What's your ultimate wish for Jamaica?



Monique Jackson
Vice President
MJ Foundation



Queen Simone
Authentic Spiritual Speaker



Sheena Nagrani
Executive Chairman/Founder
Life Revamped Foundation



Prudence Hall
Founder and President
Prudential Foundation



Nayana Williams
Entrepreneur and Philanthropist



Emma Subratie
Animal Activist



Marcia Skervin , CMI, J.P.
Activist and Mindset Coach



Alejandra Williams
Co-Founder/Executive Director
HeavenSent Foundation



Sabrina Barnes
Youth Activist



Shiniqua Pascoe
Founder
S.Pascoe_Foundation



Paula Clarke
Founder
Mervis Braham Residential
Child Care Facility



Shanique Rogers
Founder
We Touch One Heart Foundation



Kavelle Hylton
Certified STEM Educator and
Education Technology
Entrepreneur



Cheryl Simmonds
Advocate



Ginnel Peart-Mckenzie
Advocate



NOTES



make a donation

Please help us continue our work empowering Jamaican Women.



paypal.me/HerFlowFoundation

We value partnerships and want to collaborate to improve the quality of life for every Jamaican. Let's talk.

contact us



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