

# BLOOM

{ by loving ourselves more }



Do you remember when you first started your period? For me, I was terrified. It was during the summer leading up to my 6th grade year in school. My mom and dad were both at work. I went to the restroom and there it was, speckles of blood in the seat of my panties. I called to my older sister who was in the room. I started crying because I didn't understand what was going on with my body. My sister went and got our neighbor, Ms. Helen, and she came over to our house to comfort me until my mom came home. What a scary time!!!! When my mom came home she sat me down and prepared me for the next years of my life.

Bloom Box is all about preparing girls, in the right way, for their menstrual cycles. Celebrating who they are, teaching them how to care for themselves during their cycles, and giving them a box full of essential supplies is what your girls will receive through the Bloom Box training.

This training can be done one on one with you and your daughter or invite your daughter's friends or family members over with their moms and let's have a Bloom Box party.

If you are interested in learning more, please contact **Coach Yolanda McCray** at **843-694-6920** or email at **[yolanda@belleleadership.org](mailto:yolanda@belleleadership.org)**.

*self love first. period.*