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Women & Girls Foundation marks Women's Herstory Month with podcast launch, community grants

PITTSBURGH (March 3, 2022) – The **Women and Girls Foundation (WGF)** celebrates **Women's Herstory Month** this March by launching its new podcast series, “**Blazing a Trail with Ifrah Faiz,**” featuring stories of pioneering Pakistani women. It also will announce **10 more community grant recipients** – for a total of 20 this year – as part of WGF's 20th anniversary celebration.

The podcast will launch on [WGF's YouTube channel](#) on March 8 – **International Women's Day** – and the grantees will be recognized on social media throughout the month.

“It is a joy and honor to highlight the work of these incredible community partners this month,” said **Heather Arnet, WGF's CEO**. “Each of them are doing bold beautiful work expanding the rights, opportunities, voices and visions of women, girls, femmes, trans and gender-nonconforming individuals throughout our region. During Women's Herstory Month, it is important to us at WGF not just to honor our history but to also plant seeds for the future. Each of these grantees and community partners is doing just that.”

‘Blazing a Trail’ podcast with host Ifrah Faiz

Podcast host **Ifrah Faiz** – originally from Peshawar, Pakistan – is the first female paratrooper from Pakistan's General Duty Pilot branch. Her desire to work for women's empowerment led her to join the Pakistan Air Force. After serving for three years, Faiz left the Air Force to join the development sector. She led the United Nations' women's project for the government and has worked for the United Nations High Commissioner for Refugees in gender policymaking. She is currently an Immigrant and Refugee Administrator with Jewish Family and Community Services.

“The guests are passionate women pioneers from Pakistan, who have contributed tremendously to [their field] and advocated for gender equality, women and minority rights,” Faiz said.

The podcast features notable women pioneers, such as the founder of the Women's Movement in Pakistan, the first female neurosurgeon from Pakistan, the founder of the country's first anti-colorism campaign, the first transgender model in Pakistan and more.

Community grant recipients

As part of its ongoing 20th anniversary celebration, WGF will promote 20 grantees and community partners throughout the current fiscal year, and lift up their work via an extra social media push as part of the anniversary celebration. Throughout Women's Herstory Month, WGF will highlight 10 grantees and community partners who are increasing and expanding the rights, opportunities, voices and visions of women, girls, femmes, trans and gender-nonconforming individuals throughout the region and the state.

Another group of 10 grantees was honored in January in memory of Dr. Martin Luther King Jr. That group of grantees included BIPOC-led organizations and community partners, all working to protect and advance voting rights and improve civic engagement.

This month's partners include:

- [Women's Law Project](#): Advancing and protecting gender equity through legal advocacy.
- [Black Women's Policy Agenda](#): Empowering Black women, centering their voices and developing a Black women's policy agenda.
- [The Midwife Center](#): Advocating to ensure midwifery is covered by Medicaid and Medicare/accessible to low-income mothers.
- [Women of Visions, University of Pittsburgh Art Gallery](#): Supporting the "Women of Visions" exhibit at the University Art Gallery and the publication of an exhibit catalog.
- ["Blazing a Trail" with Ifrah Faiz](#): Podcast showcasing trailblazing Pakistani women.
- [Brittney Chantele](#): Supporting their new album uplifting Black Queer Love.
- [ROCUnitedPA](#): Improving working conditions/wages/benefits for restaurant and service workers, and their participation in the PA Family Care Campaign.
- [HEARTH](#): Supporting transitional housing for single mothers.
- [People's Pride PGH](#): Supporting their leadership hosting People's Pride in Pittsburgh.
- [SingleMomDefined](#): Supporting continued hosting of Femisphere Resource Directory.

To learn more, follow along on [Instagram](#), [Facebook](#) and [Twitter](#) (@WGFPA) or visit the website at wgfpa.org.

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ABOUT THE WOMEN AND GIRLS FOUNDATION

The Women and Girls Foundation (WGF) is a nonprofit organization based in Pittsburgh, Pennsylvania, engaged in statewide programming and policy work. The mission of WGF is to achieve equality for women and girls, now and for generations to come. In pursuit of this mission, WGF breaks down barriers so that every girl can rise and every woman can soar. Our vision is for women and girls in Pennsylvania to have equal access, opportunity and influence in all aspects of their public and private lives. (wgfpa.org)