

CONTACT US

Helping Our Women
34 Conwell Street
Provincetown, MA
02657

Ph: 508-487-4357

Visit our website:
helpingourwomen.org
and check us out on
Facebook or Instagram



HOW OFFICES

Provincetown &
Eastham open Monday-
Thursday 9-4
Fridays 9-1

REMINDERS

*If you receive a
monthly stipend, it's
time to submit your
annual income
verification info to
Mary Berry.*

All our services are free,
thanks to donors and
grant funding.

We do accept donations
for rides.

More Growth and Change on the Horizon at HOW

I'm writing this message at the end of a sunny day with milder temps and Mary's reminder that daylight savings time is almost here: March 9! And March 8th is International Women's Day when WOMR has a great line-up of DJs and speakers, so maybe you'll tune in or find another way to connect with women's history in your own life or the experience of others...like joining the Peer Support Group in Eastham that meets twice a month...or the new on-line Grief Support Group.

This year the arrival of spring brings the promise of new life to our Provincetown office that will be getting a fresh coat of paint, new furniture, and a few changes to the lay-out so that you have more space to sit, connect, and enjoy the new coffee station. **To allow the construction crew to move as quickly as possible, the Provincetown office will be closed from March 27 until late May or early June.** But don't worry, we've rented some temporary office space in The Commons at 46 Bradford Street where you'll be able to drop in or schedule a meeting Monday-Thursday 10-4. In our April newsletter we'll have more information about ways to connect for a meeting at your home, in our Eastham office, or our temporary space.

The biggest change to the Provincetown office will be a shift away from food pantry services which make up only 20% of our food access program to an emphasis on increasing choice in your food access thru transportation, food deliveries, grocery shopping, and connecting to community partners. **Please read my enclosed letter about changes to our Food Access Program.** I'm available for a conversation about any of these changes that have been reviewed and approved by the Board. We remain committed to you, your well-being, and to connecting you to resources and the HOW community to sustain your resilience. **With humility and love, Gwynne**

March is Nutrition Month!

Contact HOW for a free ride to The Family Pantry in Harwich!



We are excited to be expanding our Food Access Programs. Join Mary, HOW's Transportation Coordinator, on **March 11** for our first trip to the largest free food pantry on Cape Cod - **The Family Pantry** in Harwich. You must be registered with the Family Pantry and we can help with that if need be. Call or email Maddie to sign up and get on the list. 508-487-4357 ext. 5 maddie@helpingourwomen.org

Free Community Acupuncture and Meditation for Women

Acupuncture & Meditation for Women
1st Wednesday of the month, starting
on April 2nd, 1:00 pm
Ann Maguire Women's Wellness
Center,
3 Main Street, Eastham

Acupuncture & Meditation
for Women



Offered on the
First Wednesday
of each month at 1:00pm
Pre-registration required.

The style of acupuncture offered is **Acudetox** - a specialized outer ear method recognized to aid individuals experiencing anxiety, stress, depression or PTSD and for those recovering from alcohol and drugs. This treatment offers an immediate calming effect, fostering a sense of peace and stability. Thanks to our new community partner **Recovery Without Walls**, this life-changing treatment is open to all women on the Outer Cape at **NO COST!** The practitioner is Outer Cape resident Heather Louks. Registration required. Email pam@helpingourwomen.org or call 508-487-4357 for more info or with questions. **Transportation is available for HOW Client Members**

FREE YOGA IN YOUR HOME WITH HOW VOLUNTEER

This FREE one-hour class is being offered by HOW volunteer & certified yoga instructor **Katherine Rossmore**. This class combines breath & movement and is chair based. **Suitable for everyone! At your own pace. In your home. No judgement and no need to tidy up!** Benefits include: stretching and strengthening the body and more peace of mind. Class day and time will be scheduled between you and Katherine. If you are interested in signing up for this amazing offering, please Email pam@helpingourwomen.org or call 508-487-4357.



Women's Money Matters - a free virtual financial awareness course



WOMEN'S
MONEY MATTERS

Women's Money Matters is a 3-month, online financial wellness program that empowers women living on low incomes with the skills and knowledge they need to achieve their financial goals. Free registration is through HOW and access to technology for the course is available if needed. You can expect to see results such as higher credit scores, decreased debts, and new or more savings. You'll be introduced to a supportive community and get access to resources. New courses starting 3/3 6:30-8, 3/13 6:30-8, 4/2 6:30-8, 4/8 6:30-8 (in Spanish). For more details contact Monica. 508-487-4357 monica@helpingourwomen.org

Here's what HOW client Jane C. had to say about her experience taking the Women's Money Matters course.....

"The program helped take away my financial insecurities and I felt so empowered afterwards. I didn't even think I would have a credit score, but I actually found out I did have one. My coach helped me understand different types of credit cards to help build my credit and we created a budget together and so now I know where I am spending my money. I now have a goal of getting my driver's license and I'm saving for a car!"

So amazing and empowering!! I love this!! Thanks for sharing, Jane.

More Reminders!

Please allow at **LEAST** 3-4 days notice for all ride requests. Unfortunately we can not accommodate same day ride requests. Thanks for understanding!

Our Team at HOW

Gwynne Guzzeau
Executive Director

Mary Berry
Transportation
Coordinator/Office
Manager

Cathy McDonough
Client Services Manager

Annette Medina
Pantry Manager

Lisa Phillips
Volunteer Coordinator

Maddie Kahle
Americorps VISTA
Community Food Project
Coordinator

Julia Bateman
Development and
Communications
Manager

Monica Montoya-Quintero
Program & Multi-Lingual
Services Manager

Pam Mahoney
Americorps VISTA
Volunteer Resource
Developer



Dear Helping Our Women Client Members,

Renovations to Provincetown Office. We are reaching out to inform you that the Provincetown office will be closed for renovations starting Thursday March 27, 2025 and will re-open in late May or early June. We will have temporary office space at 46 Bradford Street, Provincetown at The Commons building where HOW clients can meet in person with staff. We will remain available by phone, email, and in person visits at our Eastham office or the temporary 46 Bradford Street office.

Food Access Program Update. As part of our ongoing efforts to ensure our services meet the evolving needs of our community, we have made a decision to modify our Food Access Program and *food pantry services in Provincetown will no longer be available after Wednesday March 26, 2025.*

Historically, our Provincetown office has offered a small supplemental food pantry, which in 2024 accounted for 20% of our overall food access services. However, as we've grown, the bulk of our food services—approximately 76%—have been through meal and grocery deliveries. With these changes in demand, we are shifting our approach to focus on services that provide the highest level of choice in an effort to better serve you.

Here's how we'll be enhancing our Food Access Program:

- **Door-to-Door Rides:** Starting in March, we will offer rides to the largest food pantry on the Cape, located in Harwich, at least twice a month. This will provide you with access to the greatest selection of food choices available.
- **Mobile Pantry Delivery:** We will continue our Mobile Pantry service, delivering groceries selected by clients directly to your door.
- **Grocery Shopping for Homebound Clients:** For those unable to shop in person, we will offer personalized grocery shopping based on your needs and volunteer availability.
- **Meal Delivery:** Meal deliveries from community partners will continue, including options for vegan alternatives to ensure that every client's dietary needs are met.
- **Food Resource Guide:** We will send an updated resource list of current food programs at community partners across the Outer Cape with our April newsletter.

These changes reflect our commitment to providing you with the most choice and flexibility in accessing the resources that best meet your needs. We believe this approach will allow us to serve you more effectively and equitably, no matter where you live in our service area.

We understand that changes can bring questions, and our team is here to support you every step of the way. If you have any questions or concerns about these changes, or if you need assistance accessing any of the new services, please don't hesitate to reach out.

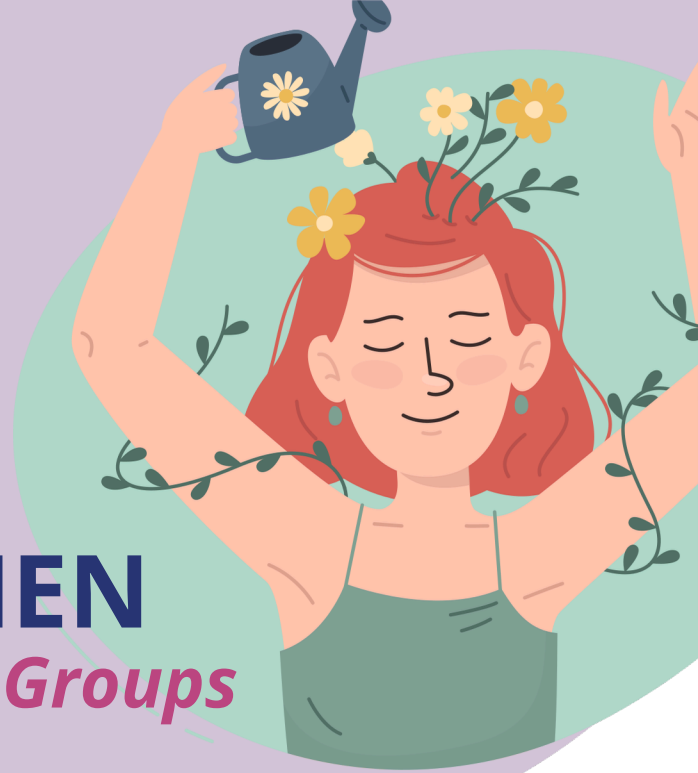
Thank you for your continued trust and engagement with the Helping Our Women community,
Gwynne Guzzeau
Executive Director

HOW

Helping Our Women

GRIEVING & GROWING GROUP FOR WOMEN

In-Person & Virtual Online Groups



Grieving & Growing is for any woman who has experienced the death of a loved one. Grieving affects us physically, emotionally and spiritually. It takes courage to grieve and it can be very lonely. **Together in a supportive group we can help each other process our grief, so that we grow.** Group sessions will include quiet reflection, writing, sharing, poetry and meditation. Facilitated by Betsy Simmons, a health educator, grief counselor, and Eastham resident. This is an ongoing group and registration is preferred.

In-Person Group meets Thursday, 3:00 - 4:15 pm at the Ann Maguire Women's Wellness Center in Eastham, 3 Main Street, Mercantile.

NEW -Virtual Group meets the 2nd & 4th Thursday of the month, 5:00 - 6:00 pm starting on March 13th followed by March 27, April 10 & April 24. Contact HOW to register for the ZOOM link.

**Contact Pam with Questions or to register at:
Pam@helpingourwomen.org or call 508-487-4357
*Transportation available for HOW clients members.***



March 2025

Helping Our Women

Calendar of Events

Offices Open
Monday-Thursday: 9-4
Friday: 9-1

34 Conwell St, Provincetown, MA 02657

3 Main St, Unit 6, Eastham, MA 02642

✉ info@helpingourwomen.org

🌐 helpingourwomen.org

P = Ptown office
E = Eastham office
H = Hybrid
V = Virtual
O = Off-site

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Woman's History Month Endometriosis Awareness Month Ovarian Cancer Awareness Month Multiple Sclerosis Awareness Month						

2	3 3:30-4:30 pm Walking Group (O)	4 6-7:15 pm English Class (E)	5 10-11:30 am Peer Support Group (E)	6 10:30-11:15 am Walking Group (E) 3:00-4:15 pm Grieving & Growing Group (E)	7	8
9	10 3:30-4:30 pm Walking Group (O)	11	12 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	13 10:30-11:15 am Walking Group (E) 3:00-4:15 pm Grieving & Growing Group (E) 5-6 pm Virtual Grieving & Growing (V)	14	15
16	17 3:30-4:30 pm Walking Group (O)	18	19 10-11:30 am Peer Support Group (E) 1-2:30 Community Hours (E)	20 10:30-11:15 am Walking Group (E) 3:00-4:15 pm Grieving & Growing Group (E)	21	22
23	24 3:30-4:30 pm (O) Walking Group 31 3:30-4:30 pm (Walking Group (O)	25	26 Cancer Support Group (O) 11-12:30 pm Community Hours (O) 1-2:30 pm AFSC Group (E) 2:00-3:00 pm CORD Presentation (V)	27 10:30-11:15 Walking Group (E) 3:00-4:15 pm Grieving & Growing Group (E) 5-6 pm Virtual Grieving & Growing (V)	28	29

HOW

Helping Our Women

March 2025

FREE to attend

HOW's Health & Wellness Programs are open to all women, not only HOW client members who are registered to receive services.

To register email

pam@helpingourwomen.org

or call 508-487-4357



SCAN QR CODE
TO JOIN HOW'S
PROGRAM
NEWSLETTER

Grieving & Growing Group

Thursdays, March 6, 13, 20, & 27, 3:00-4:15, AMWWC at HOW in Eastham

For anyone who has experienced the death of a loved one. Grieving affects us physically, emotionally, and spiritually. It takes courage to grieve and can be lonely. Together, we can help each other process and grow. This is an ongoing group and is facilitated by health educator Betsy Simmons. Registration is not required, but preferred.

Virtual Grieving & Growing Group

2nd & 4th Thursdays (March 13 and 27) 5-6 pm

See the above description. Email pam@helpingourwomen.org for the zoom link.

Monthly Community Hours

Rest, relax, and chat over snacks and beverages while watching or participating in the activity of the month (such as art, puzzles, games, and more).

Eastham

3rd Wednesday of the Month from 1-2:30 (3/19/25)

Provincetown

4th Wednesday of the Month from 11-12:30 (3/26/25)

Learn English for Free

Martes hasta el 4 de marzo de 6:00 a 7:15 pm en HOW en Eastham.

Disability Rights Workshop with CORd

Wednesday, March 26, 2:00-3:00 pm AMWWC at HOW in Eastham or virtual.

Join CORd for a housing 101 workshop and to get help with applications. CORd advances independent living and rights of people with disabilities. Email Pam for the zoom link or join us in the Eastham office to watch together.

Cancer Support Group

2nd & 4th Wednesday, March 12 & 26, Truro Public Library.

The Stay Strong women's cancer support group meets at the Truro Public Library on the second and fourth Wednesdays of each month. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.

Visit helpingourwomen.org/events for full list of programs

Transportation to programs can be arranged for HOW Client Members.

HOW ofrece servicios de traducción al español de nuestros materiales impresos y programas. Comuníquese con nuestra oficina para solicitar hablar con nuestra Coordinadora Multilingüe.

Weekly Walking Group

Thursdays at 10:30 am. Meet at the AMWWC at HOW in Eastham.

Group walks a total of 30 minutes & the pace adjusts to the needs of participants. Social time and tea after in HOW's center. No registration is required.

Mondays at 3:30 pm. Meet at the Beach Forest walking trail in Ptown.

Join volunteer Krasi for a 45 minute walk along the Beech Forest Trail in Provincetown! Bring a friend and commit together to this weekly time to destress, get some fresh air, and join in lively conversation!

Peer Support Group

1st & 3rd Wednesdays, March 5 & 19 10-11:30 am.

A safe community to share what's in your heart & mind. Share feelings on a diagnosis or reflect on changes & everyday life. A place to practice mindfulness and acceptance in a supportive atmosphere. Registration not required but preferred.

Alzheimer's Support Groups

Meets the 2nd and 4th Wednesdays of the month. The meetings consist of two groups - one for caregivers and one for those who have cognitive loss. If interested contact the AFSC directly at 508-896-5170 or [email_info@capcodalaz.org](mailto:info@capcodalaz.org)