



(508) 487-4357
helpingourwomen.org

OPEN

Monday-Thursday

9:00 am - 4:00 pm

Fridays

9:00 am - 1:00 pm

**Provincetown Center
Closed for Renovation
Visit us at The Commons
lower level**

46 Bradford Street
Provincetown, MA

**Ann Maguire Women's
Wellness Center at HOW
in Eastham:**

3 Main Street, Unit 7
Eastham, MA 02642

Services are free, thanks to donors and grant funding. We do accept donations for rides.

A friendly reminder not to call our volunteers directly. Please call Cathy (ext. 3) or Mary (ext. 2) with any questions.

Dear HOW friends,

With August upon us, and summer moving right along, do you ever feel like there is just so much happening and it's all too much or going by too fast! I want to take advantage of the season, but sometimes I am too tired and just want to stay home. Sometimes I find I have to nudge myself to accept that invitation to that outing, to do that swim after work, to join in that "thing" that everyone is raving about. Usually I am glad I do talk myself into some of these activities as often they are opportunities for connection that I didn't know I needed. Connection to people in my community, the world around me, and even to myself. Opportunities to fill my tank or take care of myself in a different way. Opportunities to show up for someone else.

At HOW we are all about connection. We offer a community to be a part of and engage with even when you are not feeling your best or 100%. Recently I had a client tell me she found HOW at a time when her life felt really dark and we shed a light over it and really brightened things up for her. We connected with her in a way that deeply resonated.

Mary Berry, HOW's Transportation and Finance Manager, reports that in May and June we gave record numbers of rides. Connecting clients to medical appointments all over the Cape and beyond. Often our clients are paired with a friendly volunteer or our wonderful driver Dave Peterman. Our rides offer that added human connection and touch so many of us need.

The opportunities for connection at HOW continue to grow and evolve. Support groups. Grief Groups. Comfort dogs. Acupuncture. Peer Wellness Coaching. Outreach calls - when is the last time someone called just to check in on you and see how you are doing? Maybe it was last week when our volunteers started our Summer Outreach program to call each and everyone of you to let you know that we care. We hope you will answer that phone call. To hear who is there to connect with you. And please take a look through our calendar and maybe nudge yourself to try something new...and see what a little HOW connection can bring you.

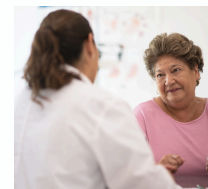
Warmly, Cathy

Peer Wellness Coaching Corner

At HOW, we believe in the strength of shared experience. Our trained Peer Wellness Coaches are here to listen to and empower you. They are here to connect with you. **They are ready to MEET you!**

Please check out the **enclosed PWC brochure** to learn more about it! Right now appointments are on Tuesdays and Thursdays. Call or email Monica for an appointment.

508-487-4357 ext. 6 monica@helpingourwomen.org



Reminders & Updates

Food Access Information

Please call Maddie at the HOW office to reserve your spot in the HOW Van for the next trip to the Family Pantry of Cape Cod on Thursday, August 14th. (508) 487-4357 ext. 5



Temporary Office Information

As a reminder, HOW's Provincetown office is closed for renovations until further notice. We 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 Provincetown office. **Please contact our office for more information on how to schedule a 1:1 appointment with Cathy.**



**Transportation to HOW
health & wellness programs
is available for HOW clients**

Ride Requests

To Serve You Better: Ride requests are now accepted **Monday through Thursday only**. Thank you for your understanding!

HOW Community Spotlight

Meet Our Summer Interns!

At HOW, we believe in nurturing the next generation of talent—and this summer, we're excited to welcome a dynamic group of interns who are already making meaningful contributions across our teams.

Please join us in welcoming:

- Faye Lindberg - A Wellfleetian, Faye is studying biology at UMass Amherst on a premedical track. Faye brings a passion for medicine and a commitment to advancing community health.
- Siena Bird - Siena, a summer Wellfleet resident, is currently studying psychology at Bates College. Siena brings a passion for public health and working to improve the well-being of individuals and communities.
- Hashlin Lopez - A Provincetown resident, Hashlin is a junior at Cape Cod Technical High School. We first met Hashlin three years ago in her final year at Provincetown IB school and she was so interested in HOW's mission she volunteered for HOW, shadowing our client services manager. She did her final IB project about HOW, including a fundraising project.



Faye



Siena

We're proud to have them with us this summer and can't wait to see all they accomplish!

HOW STAFF

Gwynne Guzzeau
Executive Director

Mary Berry
Client Transportation &
Finance Manager

Cathy McDonough
Client Services Manager

Annette Medina
Administrative Assistant

Lisa Phillips
Volunteer Coordinator

Maddie Kahle
Food Access Coordinator

Monica Montoya-Quintero
Multi-Lingual Services
Manager

Pam Mahoney
Program Manager

HOW Community & Happenings

Health & Wellness Program Highlights

Acupuncture & Meditation - WEEKLY on Wednesday!

Location: Ann Maguire Women's Wellness Center at HOW, 3 Main St. Eastham

Relax, Recharge, and Rebalance! Clients who've tried it say they feel calmer, more centered, and better able to manage daily challenges:

"I didn't expect such a simple treatment to make such a big difference. I left feeling lighter and more at peace."

"It's become a part of my self-care routine. I look forward to it every time."

These programs are funded in part by Opioid Remediation Funds provided through the towns. Outer Cape Community Solutions Rural Health Network has coordinated these efforts with local stakeholders. For additional information or to make suggestions for future spending, contact us below.

info@outercapecs.org

outercapecommunitysolutions.org

See the calendar
for dates/times
or visit our
website



Peer Wellness Coaching - Tuesdays and Thursdays

Location: Ann Maguire Women's Wellness Center at HOW, 3 Main St. Eastham

We started this program in July and encourage you to give it a try if you haven't yet. There's no commitment, just an invitation to try it, see if you like it and if it's helpful to you and whatever topic or issue you bring to discuss with a volunteer who is trained to support YOU! Call Monica to schedule your appointment 508-487-4357 ext.6



Freedom From Fear - A Talk with Pilar Jennings August 12th 5pm

Location: 70 MA-28, Nauset Regional Middle School, Orleans & Virtual

Join us for a powerful talk at the Cape Cod Institute with Dr. Pilar Jennings as she delves into the psychology of fear and its deep relevance in today's world — from political unrest and climate crisis to war and social division.

Together, we'll explore:

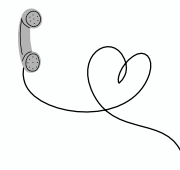
- * The difference between fear and anxiety
- * How personal and relational experiences shape our response to fear
- * Teachings and practices that foster equanimity and self-compassion



Registration required through Cape Cod Institute. <https://www.cape.org/>

Outreach Calls

Summer is in full swing, and that means it's time for our seasonal check-ins! Throughout August, the HOW team—along with our amazing volunteers—will be reaching out to connect with each of you. These calls are just one of the many ways we try to remind you we care, and we're here for you.



Comfort Dog Visits - Thursdays from 2:15-3 pm

Location: Ann Maguire Women's Wellness Center at HOW, 3 Main St. Eastham

Starting July 10th, specially trained dogs will be visiting our center to offer calm and connection. Together with our new partner 'Hearts & Paws Comfort Dogs' we're hoping to bring a little extra joy to our community! Registration preferred: pam@helpingourwomen.org or 508-487-4357 ext. 8.



Community Information

Massachusetts Commission on the Status of Women

Join us in supporting the important work of the Massachusetts Commission on the Status of Women (MCSW). The MCSW is committed to improving the lives of women within the Commonwealth of Massachusetts. Your responses to this survey will inform the development of public policy that intends to advance all women toward full equality in all areas of life and promote rights and opportunities for all women throughout their lives. Scan the QR code or find them on the web: <https://masscsw.org/2025/07/03/mcsw-data-collection-take-our-survey/>



Volunteer Appreciation Event

As we know, we couldn't provide the care we do without the support of our volunteers, partners and donors. With deep gratitude, we thank the historic and beautiful Schooner Hindu for donating an hour and a half sail around Cape Cod Bay to be enjoyed by HOW volunteers on August 19th. Thank you Hindu and thank you volunteers!



Drag Brunch at the Patio American Grill

The Annual Drag Brunch Benefit hosted at the Patio American Grill, 328 Commercial Street, Provincetown is happening on Friday August 22, 2025.

The funds that the Patio team and performers raise support client service costs including transportation to lifesaving medical appointments and our monthly financial assistance program.

We could not provide these programs and other services without the generosity of our community and people like the Drag Brunch hosts, Joachim Sandbichler (Board member) and Mark Ferrari.



Truro Community Kitchen - Summer Bagged Lunch Program

Pick-up at the Christian Union Church every Tuesday, 12:00 to 1:30 pm

In addition to Truro Community Kitchen's regular weekly meal delivery, the kitchen is now offering a new **FREE** program this summer. Those interested in a convenient and nourishing lunch can pick up a bag including a sandwich, fresh fruit, and snacks .

To help ensure the kitchen has enough food prepared each week, please scan the QR code to use an anonymous online request form or email, call or text using info below.

info@trurocommunitykitchen.org call/text 508-514-1833



Lasagna Love

Lasagna Love is a non-profit striving to provide relief, hope, and connection through the simple yet profound gesture of a warm meal. They connect volunteer lasagna chefs who want to help with individuals and families by providing home-cooked lasagnas made with love. HOW can help sign you up to receive a homemade lasagna! Reach out to Maddie to request a lasagna! maddie@helpingourwomen.org.





August 2025

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
Immunizations awareness month Women's equality day (Aug 26) National grief awareness day (Aug 30)						
3	4 6:30-8 pm Women's Money Matters (V)	5 1-5 pm PWC - by appt. only (E)	6 1-2 pm Acupuncture & Meditation (E)	7 10-2 am PWC - by appt. only (E) 2:15-3 pm Comfort Dogs (E) 3-4:15 pm Grieving & Growing (E)	8	9
10	11	12 1-5 pm PWC - by appt. only (E) 5 - 6:30 pm Freedom from Fear (H)	13 10-11 am Acupuncture & Meditation (E) 11-12:30 pm Women's Money Matters (V) Cancer Support Group (O)	14 10-2 am PWC - by appt. only (E) 2:15-3 pm Comfort Dogs (E) Van Ride to Family Pantry - call Maddie to sign up!	15	16
17	18	19 1-5 pm PWC - by appt. only (E)	20 4-5 pm Acupuncture & Meditation (E)	21 10-2 am PWC - by appt. only (E) 2:15-3 pm Comfort Dogs (E) 3-4:15 pm Grieving & Growing (E)	22 12-2 pm Drag Brunch (P)	23
24	25	26 1-5 pm PWC - by appt. only (E)	27 Cancer Support Group (O) 5-6 pm Acupuncture & Meditation (E)	28 10-2 am PWC - by appt. only (E) 2:15-3 pm Comfort Dogs (E) 3-4:15 pm Grieving & Growing (E) 6:30-8 pm Women's Money Matters (V)	29	30
31						

HOW August 2025

Helping Our Women

FREE to attend

To register email
pam@helpingourwomen.org
or call 508-487-4357



SCAN QR CODE
TO JOIN HOW'S
PROGRAM
NEWSLETTER

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

Grieving & Growing Group

Thursdays (August 7, 14, 21, 28) 3-4:15 pm,

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 preferred but not required.

Cancer Support Group

2nd & 4th Wednesday, (August 13 & 27), 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.

Registration required. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.

Peer Wellness Coaching Appointments

AMWWC at HOW in Eastham

- **Tuesdays: 1 – 5 pm**
- **Thursdays: 10 am – 2 pm**

We encourage you to give it a try if you haven't yet. There's no commitment, just an invitation to try it. Call Monica to schedule your appointment 508-487-4357.

Acupuncture & Meditation

Weekly at AMWWC at HOW in Eastham!

- **Aug. 7 : 1–2 pm**
- **Aug. 14 : 10–11 am**
- **Aug. 21 : 4–5 pm**
- **Aug. 28 : 5–6 pm**

Acudetox style of Acupuncture treatment in a group community setting that promotes mental wellness with licensed practitioner Heather Louks. Helpful for those in substance use recovery and those who live with anxiety, stress, depression & PTSD.

Please note: registration is required. An email will be sent to confirm your appointment or to notify you that you've been added to the waitlist.



This program is funded in part by Opioid Remediation Funds provided through the towns. Outer Cape Community Solutions Rural Health Network has coordinated these efforts with local stakeholders. For additional information or to make suggestions for future spending, contact us.

info@outercapecs.org outercapecommunitysolutions.org

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.

Women's Money Matters Online Program

A free, 3-month, virtual financial program that empowers women living on low incomes with the skills they need to achieve their goals.

Upcoming 12-week session start dates:

- 8/4, 8/13, 8/28

Registration required:

Monica@helpingourwomen.org

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specialty trained dogs will be visiting our center to offer calm, connection, and a little extra joy to our community. **Registration preferred.**

Freedom from Fear -A Talk with Pilar

Jennings

Tuesday, August 12, 5 pm

70 MA-28, Nauset Regional Middle School, Orleans

Join us for a powerful talk at the Cape Cod Institute with Dr. Pilar Jennings as she delves into the psychology of fear and its deep relevance in today's world — from political unrest and climate crisis to war and social division.

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