



**(508) 487-4357**  
[helpingourwomen.org](http://helpingourwomen.org)

**OPEN**

Monday-Thursday  
9:00 am - 4:00 pm  
Friday  
9:00 am - 1:00 pm

**Provincetown Center:**

34 Conwell Street  
Provincetown, MA 02657

**Ann Maguire Women's  
Wellness Center  
(AMWWC) 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.

March 2026

Dear Friends,

By the time you receive this newsletter, March will already be well underway. We can thank Mother Nature and the Blizzard of '26 for that! Sometimes, try as we might, there are obstacles and we fall short, we disappoint, and we get let down. Disappointment is hard. And when you realize you have let down someone you care about, well that is painful too. How do you deal with disappointment? What do you do when you feel let down?

The answer is different for all of us but one thing I know can help is talking about it. Talking and connecting and sitting together in community can help ease that disappointment. Listening and reflecting can be a way to process, find common ground, and move forward.

At HOW we provide many opportunities for connection and moving forward. From rides with our amazing volunteers and caring drivers to welcome circles and support groups, we've got that personal support built in. With our Peer Wellness Coaching (PWC) sessions, we provide opportunities for you to be seen and heard and reach your goals. Our acupuncture and sound bath programs offer restoring and healing. Our Women's Health series provides education and with that empowerment. And our not one, but two beautiful centers, provide warm spaces for gathering and being. All of this is a platform for you to choose what suits your needs. And speaking of platforms, check out our new user-friendly website at (link & QR code upper left) where you can learn more about all the good work we are doing for you and the HOW community.

The bottom line is that we are here for you, and we care about you. And while we may disappoint on occasion, we are open to a discussion to see how we can do better next time because at the end of the day, aren't we all just trying to do the best we can?

I hope to see you soon,  
Cathy

**Peer Wellness Coaching Corner**

**Invest in Yourself & Get Rewarded!**

Helping Our Women is offering a special incentive for our clients! Complete three 45-minute coaching sessions with our trained Peer Wellness Coaches and share your feedback via a survey to earn a \$75 Stop & Shop gift card.

Our coaches are here to listen, empower, and help you navigate your wellness journey. Ready to start? Reach out to Monica at 508-487-4357 ext. 6 or email us questions: [HOWPWC@helpingourwomen.org](mailto:HOWPWC@helpingourwomen.org)



# HOW Community Spotlight

## Facilitator Spotlight: Ginny Dutra

We are incredibly lucky to have someone as compassionate and dedicated as Ginny Dutra in our corner. Since 2018, Ginny has been a steady, shining light as the facilitator of our Stay Strong Women's Cancer Support Group, guiding the circle with deep wisdom and a calming presence. Ginny creates a safe, confidential space where every woman is truly seen, heard, and supported through her journey. Her long-standing commitment is a testament to her heart for this community.



The group is always ready to welcome new faces. If you or someone you know could benefit from this sisterhood, please reach out to Ginny at 508-648-1639 for more information. The group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at 10 am at the Truro Public Library.

# Reminders and Updates

## CLIENT SERVICES

Exciting news! We're refining our service areas to better support you. Monica is now the primary point of contact for our Eastham residents, and Cathy will be looking after our clients in the other towns. As a reminder, please book an appointment in advance so we can ensure someone is available to meet with you personally.



## MOBILE FOOD PANTRY

As we continue to adjust to recent staff changes, we kindly ask all clients to submit food order forms by the deadline provided. This helps us serve you more efficiently, as we may not be able to follow up on late or missing orders. Any questions, reach out to Lisa at [lisa@helpingourwomen.org](mailto:lisa@helpingourwomen.org)



## ANIMAL POLICY CHANGE

Starting March 1, 2026 the only animals allowed in HOW's Provincetown or Eastham office are ADA Service dogs. The Board of Directors made this decision to ensure a welcoming, safe environment for all clients, volunteers, and visitors at HOW's newly renovated centers. We will miss having in-house pets and the occasional visits we have with client dogs.



## HOW STAFF

Gwynne Guzneau  
Executive Director  
ext. 1

Mary Berry  
Client Transportation &  
Finance Manager  
ext. 2

Cathy McDonough  
Client Services Manager  
ext. 3

Annette Medina  
Administrative Assistant

Lisa Phillips  
Volunteer Coordinator  
ext. 4

Monica Montoya-Quintero  
Multi-Lingual Services  
Manager  
ext. 6

Pam Mahoney  
Program Manager  
ext. 8

Gino  
Volunteer Resource  
Developer, AmeriCorps  
VISTA

# Health Corner

## LET'S TALK WOMEN'S HEALTH: PERIMENOPAUSE

The (M) Factor 2: Before The Pause (Perimenopause) is a 2026 documentary film focusing on the often-overlooked, decade-long transition leading to menopause. Premiering on PBS on March 19, 2026, it highlights the impact of perimenopause on women's health, careers, and bodies, featuring expert insights and real-life stories to educate on symptoms. Join us this spring for a special movie screening of this at HOW followed by a thoughtful, empowering panel discussion focused on perimenopause—a life stage that affects millions, yet is rarely talked about openly.



# HOW Community & Happenings

## HEALTH & WELLNESS PROGRAMS

Visit our website event page or see the attached calendar for descriptions, dates & times. Rides available for all programs. Programs are open to all women in the community so register with a friend!



### Support Groups

Stay Strong: Cancer Support Group  
Grieving & Growing: Grief Support Group  
MS Support Group: hosted by HOW & run by an Outer Cape resident

### Connection & Community

Circle of Welcome  
Healing Art workshop

### Health & Wellness Workshops

Acupuncture  
Sound Baths



### Financial Workshops

Women's Money Matters

### Let's Talk Women's Health

More to come this Spring

## HEALING ARTS WORKSHOP: STILLNESS & STRENGTH *new!*

This is an inclusive space that supports mental health and well-being. Art supplies will be provided, but you're welcome to bring your own too! Dress comfy and come hungry - soup will be served! Facilitated by Camila Catucci who is an art therapist, mom, and artist living in Truro.

**Date:** Tuesday, March 17<sup>th</sup> 12:30 - 2 pm.

**Location:** St. Mary's of the Harbor, Provincetown.

**Registration:** Space is limited. Call 508-487-4357 ext. 8 or scan the QR code to register.

Scan to Register



## CIRCLE OF WELCOME: SOUP, COMMUNITY & CONVERSATION

As we settle back into 34 Conwell Street, we're hosting six evenings of soup and guided conversation. So come hungry to gather in our beautiful new space for a friendly evening with HOW staff, volunteers and special guest Maura Smith Stein!

**Dates:** Thursdays: 3/19, 4/2, 4/16, 4/30

**Time:** 4:30 - 6 pm

**Location:** HOW office Provincetown

**Registration:** Space is limited. Call 508-487-4357 ext. 8 or scan the QR code to register for 3/19

Scan to register



# Community Information

## REPLACING FOOD LOSSES FOR SNAP RECIPIENTS

Replacement of SNAP benefits is available to households that lost power for 4+ hours and had to throw away food they purchased with SNAP. Households have 10 days to report food loss to DTA, and then an additional 10 days to obtain a signed statement from DTA with additional information. DTA should replace up to one month's worth of SNAP within 10 days of getting the report of the food loss, or within 2 days of getting the completed DTA form or sworn statement (whichever date is later). Ways to Report Food Loss:

- o **Report using the DTA's SNAP Household Misfortune (9B) form** (download, print out and upload thru DTACConnect)
- o **Send in a handwritten note through DTACConnect.** Include: Your name and DTA Agency ID (or date of birth), Reason for the food loss and the date the food was lost, The dollar value of the food lost that you bought with SNAP, Signature of the head of household along with words: "This statement is signed under the penalty of perjury."

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## Community Food Highlights

Family Table collaborative is distributing prepared meals on the 2<sup>nd</sup> & 4th Thursdays of the month (February 12 & 26) at the Elks. Sign up by **Text only**: 508-470-1355 with your full name and the number of meals you need **By Tuesday at 2 pm** (February 10 and 24). Pick up 4:30-5:30 (drive through format).

Soup Kitchen in Provincetown (SKIP) is open for in-person dining at the Provincetown United Methodist Church. Hot, no-cost meals are served weekdays from 12:30 to 1:30 pm during the winter months. Vegetarian options are available!

Truro Community Kitchen delivers two free meals weekly to Truro residents, no questions asked. To register for meals call 508-514-1833 or email [info@trurocommunitykitchen.org](mailto:info@trurocommunitykitchen.org)!

Community Kitchen of Wellfleet On Tuesdays at 5:00 PM during the winter, the 246 Community Kitchen of Wellfleet serves a free sit-down dinner at Our Lady Of Lourdes Church at 2282 Route 6, Wellfleet. No reservation required!

Lasagna Love Looking for a warm meal made with love? Local volunteers with Lasagna Love are available upon request to cook you a homemade lasagna. Reach out to HOW if you need assistance ordering a meal through Lasagna Love's website!

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## Outer Cape Multiple Sclerosis (MS) Support Group





Led by Outer Cape residents with MS for anyone with MS! We are proud to work with HOW community members to support their interest in hosting the National MS Society gatherings at our Eastham center. This group provides a welcoming space for people living with MS to connect, share, and support each other.

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## IMPACT 2025

Numbers tell a story. But behind every single one is a real woman on the Outer Cape who needed support — and found it. That's what HOW looks like in action. Not just a program. Not just a number. A community of people who believe every woman deserves to be seen, supported, and never alone.

*Our Community Impact in 2025*

			
<b>1,196</b>	<b>2,265</b>	<b>\$197,000</b>	<b>6,825</b>
<b>Wellness Rides</b>	<b>Food Access Services</b>	<b>Stipends &amp; Emergency Assistance</b>	<b>Connections with Women</b>
to support each woman's healthcare journey	for meal deliveries & gift cards that provide the dignity of choice	for medical or alternative treatments or household bills	through direct support and community health education

Thank you for letting us show up for you!



Helping Our Women

# March 2026

## 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
1	2	3 1-5 pm PWC - by appt. only (E)	4 10 am Acupuncture & Meditation (E) 12:00-1:30 pm Women's Money Matters (V) 6 pm MS Support Group (E)	5 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E) 4:30-6 pm Welcome Circle (P)	6	7
8	9	10 1 pm Sound Bath (O) 1-5 pm PWC - by appt. only (E)	11 10 am Stay Strong: Cancer Support Group (O) 6:30-8 pm Women's Money Matters (V)	12 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E)	13	14
15	16	17-15 pm PWC - by appt. only (E) 12:30 - 2 pm Stillness & Strength: Healing Art Workshop (O) 6:30-8 pm Women's Money Matters (V)	18 10 am Acupuncture & Meditation (E) 6:30-8 pm Women's Money Matters (V) - Spanish	19 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E) 4:30 - 6 pm Welcome Circle (P)	20	21 9:30-11 am Women's Money Matters - Spanish (V)
22	23 6:30-8 pm Women's Money Matters (V)	24 1 pm Sound Bath (O) 1-5 pm PWC - by appt. only (E)	25 10 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	26 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E)	27	28
29	30	31	Endometriosis Awareness Month Multiple Sclerosis Awareness Month			

# HOW March 2026

Helping Our Women

FREE to attend

To register email  
[pam@helpingourwomen.org](mailto: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 Support Group

**Thursdays, March 5, 12, 19, & 26, 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.

## Stillness & Strength: Healing Art Workshop

**Tuesday, March 17, 12:30-2 pm**

**St. Mary's of The Harbor - Registration required**  
This is an inclusive space that supports mental health and well-being. Art supplies will be provided, but you're welcome to bring your own tool! Dress comfy and come hungry - soup will be served!

## MS Support Group - Mar 4<sup>th</sup> 6pm

This group provides a welcoming space for people living with MS to connect, share, and support each other. Free and open to all men and women.  
contact: [outercapemsgroup@gmail.com](mailto:outercapemsgroup@gmail.com)

## STAY STRONG Cancer Support Group

**2nd & 4th Wednesday, March 11 & 25, Truro Public Library - 10 am**

This support group is a safe, confidential space where every woman is truly seen, heard, and supported through her journey. The group is always ready to welcome new faces. If you or someone you know could benefit from this sisterhood, please reach out to Ginny at 508-648-1639 for more information.

## Acupuncture & Meditation

**Wednesdays - AMWWC at HOW in Eastham at 10 am!**

- **No Session 3/11/26**

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.**



OUTER CAPE  
Community  
Solutions



OC  
WELLNESS  
COLLABORATIVE

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](mailto:info@outercapecs.org) [outercapcommunitysolutions.org](http://outercapcommunitysolutions.org)

## Let's Talk Women's Health: What the

### Menopause?

**Start dates: 3/x, 6 pm**

**Registration required:.**

## Visit [helpingourwomen.org/events](http://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.

## Sound Baths

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays (1 pm) at St. Mary's, Ptown**  
• **Mar 10 & Mar 24**

Let the soothing frequencies of Crystal Alchemy Singing Bowls guide you into a state of calm and balance. These sound baths support your natural healing process, promote inner peace, and restore equilibrium. You're welcome to bring a mat. Facilitated by Kat Black. **Registration required.**

## Circle of Welcome

**Dates: Mar 5, 19, Apr 2, 16, 30**

As we settle back into 34 Conwell Street, we're hosting six evenings of soup and guided conversation. So come hungry to gather for a friendly evening with HOW staff, volunteers and special guest Maura Smith Stein! Registration required.

## Women's Money Matters Online Program

**Start dates: 3/3, 3/11, 3/17, 3/21, 3/23**

A free, 8 week, virtual financial program that empowers women living on low incomes with the skills they need to achieve their goals. Free tablet provided! **Registration required:**  
[Monica@helpingourwomen.org](mailto:Monica@helpingourwomen.org)

## Peer Wellness Coaching (PWC) Appointments

**Eastham:** Tuesdays & Thursdays by appt.

**Provincetown** - By appointment

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 508-487-4357 ext. 6** or email [HOWPWC@helpingourwomen.org](mailto:HOWPWC@helpingourwomen.org)