



(508) 487-4357
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.

WE ARE CLOSED:
Patriot's Day April 20th



April 2026

Greetings,

I just returned from three weeks away — including a solo week tucked into a small cabin in New Mexico — and I'm still carrying some of that quiet with me. Time away has a way of reminding us how much we need it. But here's what I've been sitting with since coming home: most of us can't take three weeks off. And we don't have to. What we can do is find the smaller moments — the pause at the window, the poem read out loud just for ourselves, the ten-minute nap that no one else needs to know about. Self-care doesn't always look like a vacation. Sometimes it looks like choosing, just for a moment, to stop.

As you settle into April, I want to invite you to notice those moments. Where in your day could you create a small "time out" — not a grand gesture, just a breath? That question is worth sitting with. And it's a question I'll be working on too so that I can sustain a sense of well-being in my daily routine, not just when on vacation or on the weekend.

Also, this spring, HOW is opening up a conversation that is long overdue. Sexual health is a vital part of overall wellbeing — and it's one of the topics women are least likely to hear talked about openly and honestly. That changes now. We're bringing you two programs dedicated to exactly the conversations that matter but don't happen nearly enough.

- **The (M) Factor 2 - Before The Pause:** come to a special screening of the new PBS documentary exploring perimenopause followed by a facilitated Q&A.
- **Not Done Yet: Women's Sexual Health & Aging:** join this 4-part series of real conversations about intimacy, desire, and sexual wellbeing — with evidence-based information facilitated by an expert sexual health educator.

Both programs are designed with you in mind — because you deserve real information about your own body, at every stage of life. More info on p. 3!
Hope to see you sometime soon, Gwynne

Peer Wellness Coaching Corner

A Little Support Goes a Long Way

Imagine having someone truly in your corner — a woman from your own community who gets it, who listens without judgement, and who's here just for you. That's exactly what HOW's Peer Wellness Coaches offer.



Whether you're managing a health condition, feeling overwhelmed, or simply want someone to talk to — this is your space. Warm. Confidential. Completely centered on you. Complete three free coaching sessions and share your thoughts through a short survey, and you'll receive a \$75 Stop & Shop gift card — our thank-you for investing in yourself.

Sessions are free, confidential, and about 45 minutes long. No pressure. No judgment. Just real support from someone who cares. You deserve this. Contact Monica: 508-487-4357 ext. 6 or HOWPWC@helpingourwomen.org

HOW Community Spotlight

ST. MARY OF THE HARBOR

Helping Our Women is deeply grateful for the generous partnership of St. Mary of the Harbor, the beloved Episcopal church nestled in the east end of Provincetown.



THE CHURCH OF ST. MARY
OF THE HARBOR
517 COMMERCIAL STREET
PROVINCETOWN, MA 02657

Led by The Rev. Brian Raiche, St. Mary of the Harbor is a welcoming spiritual community rooted in service, connection, and care — values that align beautifully with our own. St. Mary of the Harbor opens its doors to HOW throughout the year, providing a warm, welcoming space for our ongoing peer support group, sound bath sessions, Valentines gathering, Healing Arts Program, as well as our 2025 Volunteer Appreciation Party.

We are so thankful to St. Mary of the Harbor for being more than a venue — they are a true community partner.

Reminders and Updates

EBT CARD TO CULTURE

Did you know your EBT card can get you into museums and cultural spots at a discounted price?

If you receive DTA benefits, you are eligible for discounted admission at many of Massachusetts' museums and cultural institutions — including venues right here on Cape Cod. Just show your EBT card at the door! Scan the QR code to see participating venues near you.



DID YOU KNOW? HOW IS HERE FOR MORE THAN YOU MIGHT THINK

Sometimes it's easy to forget everything that's available to you — and that's exactly why we're here to remind you. If you're a HOW client, you have access to a full circle of support, including:

Transportation — Food Support — Financial Assistance — Case Management

You don't have to figure it all out on your own. If you're not sure what you qualify for — or just want to talk through what might help — reach out!

ART EXHIBIT IN THE EASTHAM OFFICE

Stop by our Eastham office to see a beautiful selection of photographs by Provincetown artist Norma Holt (1918–2013). A beloved portrait photographer on the Outer Cape for over three decades, Holt dedicated her career to capturing the artists, women, and children



who shaped this community's creative spirit. The photographs on display are drawn from her decades-long project documenting the Provincetown Art Association and Outer Cape art community — chosen specifically to celebrate the female artists who have shaped and enriched our region's history and culture. Come take a look and enjoy a cup of tea or coffee!

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 Sexual Health

Sexual health is a vital part of overall wellbeing — and it's one of the topics women are least likely to hear talked about openly and honestly. That changes this spring at HOW.

We're bringing you two programs dedicated to the conversations that matter but don't happen nearly enough.

Women's Sexual Health & Aging takes an honest, empowering look at how intimacy, desire, and sexual wellbeing evolve as we age — with real information, expert guidance, and a safe space to ask the questions you've always wanted answered.

The (M) Factor 2: Before The Pause is a special screening of the new PBS documentary exploring perimenopause — the decade-long transition leading up to menopause that affects your body, energy, mood, and so much more. Following the film, a thoughtful panel discussion gives you the chance to connect, ask questions, and be heard.

Both programs are designed with you in mind — warm, welcoming, and completely judgment-free. Because you deserve real information about your own body, at every stage of life.

Details on dates, times, and registration are below!

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

Health & Wellness Workshops

Acupuncture

Sound Baths



THE (M) FACTOR 2: BEFORE THE PAUSE (PERIMENOPAUSE)

Join us for a special movie screening of the M Factor 2 followed by a thoughtful, empowering panel discussion (featuring Jaymie Adachi, NP) focused on perimenopause—a life stage that affects millions, yet is rarely talked about openly. This event creates space to learn, share, and normalize the conversation around the physical, emotional, and mental changes that can occur during perimenopause. Whether you're experiencing it yourself, supporting someone who is, or simply want to understand more, you are welcome.

TWO DATES: 3/24/26 HOW Eastham: 5:30-7 pm **AND** 5/14 At Wellfleet Preservation Hall: 6-7:30 pm



WOMEN'S SEXUAL HEALTH & AGING: NOT DONE YET

Sexual health is part of whole health — at every age. And yet it's a topic older women are too rarely invited to explore openly and without judgment. This four-part series, led by nationally recognized Women's Health and Sexuality Educator Toby Simon, changes that. In a safe, warm, and judgment-free space, you'll have real conversations about sexual health and wellness — with evidence-based information and the company of women who get it.

This is a psychoeducational series, not group therapy — designed to inform, normalize, and spark conversation about a part of life that deserves care and attention. This is a closed series — participants are encouraged to sign up for all four sessions to get the full experience. Because you are not done. Not even close.

DATES: 4/15, 4/22, 4/29 & 5/6 HOW Eastham: 3-4:30 pm



COMMUNITY INFORMATION

¡Bienvenidas! A Safe Space for Latina Women at HOW

HOW now hosts a **Latina Gathering every other month** — a warm, welcoming space created just for you. Connect with other Latina women in the community, explore a new topic, try something fun, and discover resources available to you. Every gathering brings something different — and every one is a chance to feel seen, heard, and at home. You belong here. We'd love to see you at the next one. For more information, contact Monica at monica@helpingourwomen.org or call (508) 487-4357 x6.

Bloomin' 4 Good Program

We have some exciting news to share — and it involves flowers!

Helping Our Women has been selected again as a nonprofit partner in the Stop & Shop Bloomin' 4 Good Program! During the month of April, every time someone purchases a specially marked \$11.99 Bloomin' 4 Good bouquet at the Stop & Shop on 56 Shank Painter Road in Provincetown, HOW receives \$1.



It's a simple, beautiful way for our community to support the women we serve — one bouquet at a time.

Community Food Highlights

Family Table Collaborative is distributing prepared meals on the 2nd & 4th Thursdays of the month (April 9 & 23) 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** (April 7 & 21). Pick up 4:30-5:30 (drive through format). **Anyone can go – no questions asked...and they have meal options for dietary restrictions (e.g. gluten free, vegan, etc).**

Soup Kitchen in Provincetown (SKIP) is in its final weeks for in-person dining at the Provincetown United Methodist Church. Hot, no-cost meals are served weekdays from 12:30 to 1:30 pm until late April. 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!

Community Kitchen of Wellfleet Closed for the season at the end of March.

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

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.

Grief 101: Stigmatized Deaths

Presented by Sharing Kindness, Outer Cape Wellness Collaborative and Wellfleet Preservation Hall, this gentle, informative presentation explores the nature of grief from stigmatized deaths like opioid use disorder (OUD), common myths and misconceptions, and ways we can support one another with compassion and understanding. Registration suggested. **Date:** 4/15 5:30 pm **FREE** <https://tinyurl.com/4v8cfjxt>

Outer Cape Voices

Outer Cape Voices has named HOW the beneficiary for their April 19th event. Outer Cape Voices uses storytellers and musicians from the Outer Cape to share their diverse perspectives. Performers, hosts, and their entire team donate their time to create evenings where we find common ground through our stories and songs. Building Community through Story & Song. Hosts! Deb Felix and Char Priolo, Stories and Music! Johnny Clam, Lisa Brown,



The Lariats – Jo Miller & Joel Sklar, and more.

Theme: Heroes

Date: Sunday April 19th 4:30 **Location:** First Congregational Church of Wellfleet, 200 Main St.

HOW April 2026

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Stroke Awareness Month National Stress Awareness Month						
5	6	7	8	9	10	11
		1-5 pm PWC - by appt. only (E)	10 am Stay Strong: Cancer Support Group (O)	10-2 pm PWC - by appt. only (E)		
12	13	14	15	16	17	18
		1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O)	10-11 Am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E)	10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) 4:30 - 6 pm Welcome Circle (P)		
19	20	21	22	23	24	25
	CLOSED	1-5 pm PWC - by appt. only (E)	10 am Stay Strong: Cancer Support Group (O) 10-11 Am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E)	10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E)	5:30-7 The M Factor 2: Before the Pause (E)	
26	27	28	29	30		
		1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O)	10-11 Am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E)	10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) 4:30 - 6 pm Welcome Circle (P)		

FREE to attend
Visit helpingourwomen.org/events
for full list of programs

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 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. **Accepting new members.**

MS Support Group - April 1st 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

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**

The M Factor 2: Before the Pause

Eastham: 3/24/26 5:30 pm
Wellfleet Preservation Hall: 5/14/26 6 pm
Join us for a special movie screening of the M Factor 2 followed by a thoughtful, empowering panel discussion (featuring Jaymie Adachi, FNP, MSCP) focused on perimenopause—a life stage that affects millions, yet is rarely talked about openly. Registration Required - walk-ins welcome if space allows.

Acupuncture & Meditation

Wednesdays - AMWWC at HOW in Eastham at 10 am!
• **No Session 4/1/26**
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.

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



Women's Sexual health & Aging: Not Done Yet

Eastham: 4/15, 4/22, 4/29 & 5/6 HOW Eastham: 3-4:30 pm
Sexual health is part of whole health — at every age. And yet it's a topic older women are too rarely invited to explore openly and without judgment. This four-part series, led by nationally recognized Women's Health and Sexuality Educator Toby Simon, changes that.

HOW ofrece servicios de traducción al español de nuestros materiales impresos y programas.

Comuníquese con nuestra oficina para solicitar hablar con nuestra Coordinadora Multilingüe.

Transportation to programs can be arranged

for HOW Client Members.

STAY STRONG Cancer Support Group

2nd & 4th Wednesday, 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.

Circle of Welcome

Dates: 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.

Sound Baths

2nd & 4th Tuesdays (1 pm) at St. Mary, Ptown
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.**