



(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.

WE ARE CLOSED:

Memorial Day- Monday
May 25th



May 2026

Dear Friends,

This month I must deliver some hard news. I am leaving my role at HOW to focus on my own health and the health of my family and elderly parents. I am taking a huge leap of faith with this tough decision. But I know it is the right one. And I hate to think of the words "quitting" or "resigning," as those can often have negative connotations.

I have learned so much from you, our dear clients, and have always appreciated your willingness to open up to me and trust me to help you in the ways that I have. I enjoyed your laughs and your tears. I have always thought of my role as Client Services Manager as a relationship-building role rather than merely a means to a transaction. I hope you have felt that to be true. I want to offer a heartfelt thank you to all of you for sharing your stories with me, trusting me, and truly inspiring me. Your goodbye hugs and words of kindness, appreciation, and good luck have meant the world to me — and eased my moments of sadness and doubt. When I ran into one client at the market in Orleans several days ago, she said something that made me stop in my tracks and look at this decision in such a different light. She thanked me for sharing that I was leaving, and she said that by sharing that news, I gave her the courage to make a change she had been contemplating. WOW! I didn't see that coming. COURAGE. I — we — have courage to take action, to take care of ourselves, to step out and beyond what is known and familiar, to make a change, to break the cycle, to be open to the unknown. No negatives there. Simply positives!

At HOW, for over 33 years, our mission has been to educate, support, and empower women living with chronic illness on the Outer Cape. With our dedicated volunteer board, small but mighty staff, and devoted volunteers, our community of support will courageously continue on just as it always has. And we offer so many ways to explore that growth edge of courage that's individual for each of you. Try a Peer Wellness Coaching session to set a goal and have someone by your side as you find your way. Go to a course on women's health and learn how to live better in your own body. Stop by one of our beautiful centers for a cup of tea and engaging conversation. We are always here for you — even through the changes and as HOW explores its own growth.

I wish you all the best today and always. Take care of yourselves, be kind to yourselves, and be a little curious about where some courage could take you.

With gratitude,
Cathy

P.S. Until HOW hires a new Client Services Manager, please email general client requests to clientservice@helpingourwomen.org or call the office at 508-487-4357.

Peer Wellness Coaching Corner

Peer Wellness Coaching Now Available in Spanish and Portuguese!

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 thanks 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



Here's what a client said when we asked how the PWC coaching sessions helped her:

"The most important thing is that I felt hopeful again. I noticed this in an ah-ha moment a couple hours after I left the 1st session."

HOW Community Spotlight

Pam Mahoney - HOW Staff

This month we're shining the spotlight on someone you may already know — Pam Mahoney, HOW's Program Manager. As Program Manager, Pam handles the community programs that bring us together and help us feel our best — like acupuncture, Let's Talk Women's Health series, support groups, and more. It's a role that takes heart, energy, and dedication, and Pam brings all three every single day. What makes Pam special isn't just what she does — it's how she does it. She shows up with warmth, stays focused on what matters most, and works behind the scenes to make sure every program runs smoothly so that you feel supported when you walk through the door.



But what you might not know is that Pam is also a participant in HOW's Peer Wellness Coaching program — experiencing it firsthand.

"I wanted to go through the coaching process myself because I believe in it," Pam shared. *"If we're offering this to the women we serve, I want to understand what it feels like from the inside — the vulnerability, the growth, all of it."*

To anyone who's attended a HOW program, we hope you enjoyed it and continue to take advantage of everything we offer. And for anyone curious about Peer Wellness Coaching, if you'd like to hear what it's really like from someone who's been through it, Pam is happy to chat. Don't hesitate to reach out to her — she'd love to share her experience and answer any questions you might have. Pam's willingness to not only participate in coaching but also offer herself as a resource to others is a beautiful example of what makes the HOW community so special.

Reminders and Updates

Client Services General Needs

With our dedicated volunteer board, small but mighty staff, and devoted volunteers, our community of support will courageously continue on just as it always has.

clientservice@helpingourwomen.org

HOW STAFF

Gwynne Guzzeau
Executive Director
ext. 1

Mary Berry
Client Transportation &
Finance Manager
ext. 2

Client Services General Needs:

clientservice@helpingourwomen.org

Lisa Phillips
Volunteer Coordinator
ext. 4

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

Annette Medina
Administrative Assistant

Pam Mahoney
Program Manager
ext. 8

Gino
Volunteer Resource
Developer, AmeriCorps
VISTA

Health Corner:

May is Women's Health Month

May is Women's Health Month and that means it's the perfect time to pause, check in with yourself, and make your health a priority. We know that when you're managing a chronic illness or navigating a tough health journey, it can be easy to put yourself last. But small steps matter and you deserve care and attention, too.

Here are a few simple ways to show up for yourself this month:

- Schedule that appointment
- Move your body in a way that feels good
- Talk about it
- Ask for help

This month, we encourage you to take one small step for your health. Just one. You're worth it, and we're right here with you. Have questions or need support? Reach out to HOW anytime. You belong here.

HOW Community & Happenings

HEALTH & WELLNESS PROGRAMS

For a full list of programs: Visit our website or see the attached calendar for the month of May

Support Groups - Let's Talk Women's Health Series - Connection & Community - Health & Wellness



FREE PROVINCETOWN THEATER TICKETS

The Provincetown Theater has generously donated eight tickets to an upcoming four-star solo show by one of its featured artists. The performance, *Fair State* by Megan Gogerty, will be presented on Friday June 26, at 7 pm and highlights the theater's commitment to bringing vibrant, high-quality work by women to the Provincetown community. This is a wonderful opportunity for anyone who may not have attended a show before—or who hasn't been recently—to enjoy a night of live performance. We're grateful for the theater's partnership and for their continued support of our community. The tickets will be given out on a first come first served basis, if you are interested, please register with the QR code no later than June 17th. Maximum 2 tickets per person. Tickets will be held in your name at the door. You may also call Pam at 508-487-4357 ext. 8 to register.



¡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.

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, FNP) 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. **THIS IS OPEN TO EVERYONE INCLUDING MEN AND CHILDREN.**



DATE: 5/14 At Wellfleet Preservation Hall: 6-7:30 pm

FREE PAYOMET TICKETS

Music, community, and generosity — that's what it's all about. A huge thank you to our friends at Payomet Performing Arts Center for donating FREE TICKETS for HOW clients. Look for updates in the newsletter, on our website and via email for upcoming offers!

SAVE THE DATE FOR HOW'S ANNUAL COMMUNITY GATHERING ON JUNE 9TH!

You're invited! Join us for a relaxed evening of connection and community while enjoying delicious food and drink! This is your chance to catch up with familiar faces, meet new friends, and simply enjoy being together. Register via the QR code or call Pam at 508-487-4357 ext. 8



HAPPY MOTHER'S DAY!

This Mother's Day, we're thinking of you — all of you. Whether you're a mom, a grandmother, an auntie, a chosen family member, or someone who has mothered others in ways big and small, we see you and we celebrate you. We also know that this day can carry a mix of emotions. It can be joyful and tender and complicated all at once. However this day finds you, we want you to know that you are valued, you are cared for, and you belong in this community. XO

LIVE COLOMBIAN CUMBIA MUSIC!

HOW is excited to help bring our community together for a vibrant afternoon of live Colombian cumbia music — and we're making sure everyone can be there! Saturday, May 16 at 3:00 PM at the Orleans—Eastham Elks Lodge. FREE transportation provided by HOW via the the Funk Bus. 20% OFF tickets for HOW clients. Call Monica to reserve your ticket and spot on the bus.

COMMUNITY INFORMATION

Community Conversation on Telehealth led by Damian Archer, MD (CEO of Outer Cape Health Services)

You are invited to learn how virtual visits can improve access, reduce wait times, support follow-up care and medication management, and preserve in-person appointments for care that requires physical exams or hands-on treatment. You will have the opportunity to ask questions and share feedback. Date: 5/18/26 at 1 pm



Community Food Highlights

Family Table Collaborative is distributing prepared meals on the 2nd & 4th Thursdays of the month (May 14 & 28) 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** (May 12 & 26). 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).**

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

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.

The Outer Cape Chorale presents Voices of Hope FREE concert!

Music of hope and promise by Dan Forrest, Aaron Copland, and John Williams!

Friday May 1 at 7PM - Provincetown Town Hall

Saturday May 2 at 5PM - Provincetown Town Hall

Sunday May 3 at 3PM Performing Arts Center at Nauset Regional High School, Eastham

Mental Health America (MHA) for an immersive virtual experience - May 20th, 12 pm

In honor of Mental Health Month, join Mental Health America (MHA) for an immersive virtual experience designed to support your mind and body. Wellness is not achieved through a single change or action; it's built on intentional, consistent practices that can lead to more good days. From the comfort of your own space, you can join us for guided chair yoga, reflective journaling, and calming breathwork activities that support both mind and body. This event will also offer insights into how lifestyle choices, like what we eat and how we structure our time, impact our emotional well-being.



HOW May 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
Mental Health Awareness Month World MS Day - May 30th Women's Health Month						
3	4	5	6	7	8	9
		1-5 pm PWC - by appt. only (E)	10-11 am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E) 6 pm MS Support Group (E)	10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	10-1 Eastham Health Fair	
10	11	12	13	14	15	16
Mother's Day		1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O)	10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E) 6-7:30 The M Factor 2: Before the Pause (O)		3-7 pm Live Colombian Cumbia music!
17	18	19	20	21	22	23
		1-5 pm PWC - by appt. only (E) 12-3 Ptown Health Fair	10-11 am Acupuncture & Meditation (E)	10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)		
24	25	26	27	28	29	30
31	Memorial Day: CLOSED	1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O)	10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)		World MS Day



Transportation to programs can be arranged for HOW Client Members

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 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.**

Acupuncture & Meditation

Wednesdays - AMWWC at HOW in Eastham at 10 am!
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 or outercapeccommunity/solutions.org



MS Support Group - May 6th at 6pm

This group provides a welcoming space for people living with MS to connect, share, and support each other. Accepting new members. Free and open to all men and women. contact: outercapemsgroup@gmail.com

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.**

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**

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.

The M Factor 2: Before the Pause

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** - walkins welcome if space allows.

Cancer Support Group

2nd & 4th Wednesday, (May 14 & 28), 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.

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

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