



(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 Mary (ext. 2) with any questions.

WE ARE CLOSED:

Juneteenth (Friday, 6/19)



June 2026

Greetings!

I trust you're enjoying the warmer weather that has finally arrived and seems like it's going to stay. For me, it's the early summer birdsong in the mornings that bouys my sense of hope. What lifts your spirits this time of year?

I know I look forward to the many free outdoor concerts and community events during the summer months and this month our newsletter highlights a number of FREE opportunities for fun, connection, and self-care.

- On Tuesday, June 9 you can get a boost of positive energy and engagement at our Annual Community Gathering. Join us for this free evening with food and friends of HOW – volunteers, client members, donors, staff. We will celebrate the completion of the second round of Peer Wellness Coach training and welcome a group of new coaches to give you free 1:1 support on whatever goal, issue, or concern you may be facing. We will also honor HOW's Volunteer of the Year, Joan Pellissier, and Jacqui Beebe, Eastham's Town Manager who is this year's recipient of the Betty Villari Community Service Award that goes to someone who shows dedicated commitment, energy, and kindness in service of the Outer Cape. Betty was one of HOW's founders and a long time volunteer.
- On Friday, June 26 our partners at Provincetown Theater have reserved free seats for HOW client members – check out the info below to reserve your spot.
- Monday July 6-Wed July 8, you're invited to attend a free in person workshop about living with memory loss or caregiving for someone who has dementia. I'll be going because it's also for those of us who believe we have a genetic predisposition to experience dementia. Read more below. I hope I'll see some of you there.
- Free haircuts! Now that's some self-care – check out below for more info.

All of HOW's services are free and the health & wellness programs are open to all women, not only enrolled client members like you, so invite a friend to join you at acupuncture or simply to meet at one of our centers for a cup of tea or coffee.

Most importantly, thank you for being part of the Helping Our Women community and for sharing some of your personal healthcare journey with us. The services we provide: rides, financial assistance, peer wellness coaching, personalized 1:1 support with our Client Services team, food access supports, health & wellness programs – these are all “social determinants of health” and our goal is to increase access to healthcare and to well-being through these services and the HOW community. In the office we've begun interviewing for a new Client Services Director. Thank you for your patience with our small team as we manage across two centers without someone in this position – I look forward to bringing you an update in the next newsletter by introducing you to whomever we select!

With love, Gwynne

P.S. For the interim until HOW hires a new CS Director, please email general client requests to **clientservice@helpingourwomen.org** or call the office 508-487-4357.

Peer Wellness Coaching Corner

If you are managing a health condition, facing a life transition, or simply seeking more balance in your life, PWC offers a space to:

- feel heard and understood
- set personal goals and around health and well-being
- receive encouragement and accountability
- enjoy the connection of a focused conversation supporting your unique concerns.



PWC appointments:

Eastham Office - Tuesday 1 PM - 5 PM and Thursday 10 AM - 2 PM

Provincetown Office - Tuesday and Thursday by appointment

Peer Wellness Coaching Now Available in Spanish and Portuguese!

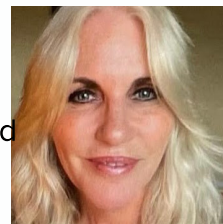
HOW Community Spotlight

HOW Peer Wellness Coach, Maura

When Maura was looking for a meaningful way to give back to the Cape Cod community, HOW's Peer Wellness Coaching (PWC) program caught her eye — and something clicked. With a background in skills coaching, PWC offered Maura something new. *"Wellness Coaching, dealing with personal and medical issues, was a new challenge for me,"* she shared. What drew her in was the heart of the approach: "HOW's PWC training is always client-driven. You meet the client where they are. The client is the navigator — not me!"

For Maura, the most powerful part is simply being present. *"I especially like the concept of 'holding space' — letting clients pause, think things through, and be surprised by what they discover about themselves."*

Since stepping into this role, Maura has coached over 6 women, totaling more than 22 hours of one-on-one support. Maura, thank you for the care and compassion you bring to this community.



Reminders and Updates

You're Invited to HOW's Annual Community Gathering on June 9th!

Join us for a relaxed evening of connection and community. This is your chance to catch up with familiar faces, meet new friends, and simply enjoy being together. Delicious food and beverages provided. Register via the QR code or call Pam at 508-487-4357 ext. 8



Need a Ride?

Please submit ride requests Monday–Thursday, at least 7 days in advance so we can do our best to arrange transportation for you.

HOW STAFF

Gwynne Guzzeau
Executive Director
ext. 1

Mary Berry
Client Transportation &
Finance Manager
ext. 2

Client Services General
Needs:
[clientservice@
helpingourwomen.org](mailto: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: Memory Loss

A FREE WORKSHOP ON LIVING WITH MEMORY LOSS - CAPE COD INSTITUTE (CCI)

Maybe you live with or care for someone with memory loss. Maybe you worry that you have a genetic disposition for dementia. If so, consider joining a free workshop, July 6-8, at Nauset Middle School, Orleans. Dr. Ann Hallward will teach about the emotional and functional challenges of living with dementia or with someone who has dementia. She'll also talk about caregiver self-care. The **Cape Cod Institute (CCI)** is a summer learning program that is offering HOW community members **free** participation for the in person part of this workshop.

You can listen to Dr. Hallward and stories others share about living with someone with memory loss here:



Stories

Interested in attending? Register below or call Pam at 508-487-4357 ext. 8



Register

HOW Community & Happenings

HEALTH & WELLNESS PROGRAMS

179 AND COUNTING!

Between January and April 30th this year, our HOW programs welcomed 179 visits from HOW clients - women like you. Every drop-in, workshop, and gathering makes our community stronger. We're so grateful you're here.

In the words of one participant, *"Because of the acupuncture/meditation program, I have been able to care for myself in a way that I simply couldn't on my own, and that has made a real difference in my well-being".*

ACUPUNCTURE & MEDITATION - WEEKLY AT 10 AM ON WEDNESDAY

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



HOW SUPPORT GROUPS - WELCOMING NEW MEMBERS

Stay Strong: Cancer Support Group ~ Grieving & Growing: Grief Support Group

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.



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 **PAYOMET** newsletter, the website and via email for upcoming offers to enjoy a performance this season!



A LITTLE SOMETHING SPECIAL JUST FOR YOU - FREE HAIRCUTS!

Thanks to the generosity of Wildflower Hair of Orleans, HOW has gift certificates available for FREE HAIRCUTS for our clients (at Wildflower Hair of Orleans). Because sometimes a fresh cut can lift your spirits in ways that are hard to put into words. Gift certificates are available on a first-come, first-served basis. If you're interested, reach out to Pam at 508-487-4357 ext.8 or email pam@helpingourwomen.org. Once you get the certificate, we will get you in touch with Jen at the Salon. Need a ride? Give us at least 7 days notice to find one for you.

COMMUNITY INFORMATION

Ruthie's Fashion Show

We are so grateful to the one and only Ruthie's Boutique for the generous donation to Helping Our Women through the fabulous fashion show! Because of supporters like Ruthie's, we can continue providing rides to medical appointments, financial assistance, food security, and the steady support our clients count on.

Thank you, Ruthie's — you are a true treasure of this community.

WHEN: Thursday, June 4

WHERE: The Boatslip - 161 Commercial St, Provincetown, MA

A Bloomin' Thank You

This April, HOW received \$35 through the Stop & Shop Bloomin' 4 Good Program — and we are so grateful! Every bouquet purchased helps support the women in our community. A heartfelt thank you to our community partner Stop & Shop, and to everyone who picked up a bouquet with HOW in mind. Your small gestures bloom into big support.

Movies at St. Mary of the Harbor - FREE movie and popcorn!

Join the community for an outdoor movie various Friday's this summer. All gathering times are 7:30 pm - Movie to start at 8:00 pm

June 12, Pricilla, Queen of the Dessert

July 17, Mamma Mia

August 7, Grease - likely a sing-along!

These events will be -bring your lawn / beach chair, blanket or towel and brown bag or cooler. Everyone Welcome!

Community Food Highlights

Family Table Collaborative is distributing prepared meals on the 2nd & 4th Thursdays of the month 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**. 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!

MS Support Group: Pausing for the Summer

As the busy Cape summer season approaches, the Outer Cape MS Support Group will be pausing in-person meetings at the AMWWC (HOW) in Eastham for the next few months. Anyone living with MS is encouraged to reach out to Katherine via email for support and/or resources. Please contact Katherine if you are interested in attending a Support Group in the Fall. outercapemsgroup@gmail.com

HOW June 2026

Helping Our Women

Calendar of Events

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

34 Corwell 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 1-5 pm PWC - by appt. only (E)	3 10-11 am Acupuncture & Meditation (E)	4 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E) 4:30 pm Ruthie's Fashion Show (O)	5	6
7	8	9 1-5 pm PWC - by appt. only (E) 5:30-7:30 pm Annual Community Gathering (E)	10 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	11 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	12	13
14	15	16 1-5 pm PWC - by appt. only (E)	17 10-11 am Acupuncture & Meditation (E)	18 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	19 CLOSED: JUNETEENTH	20
21	22	23 1-5 pm PWC - by appt. only (E)	24 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	25 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	26 7 - 9 pm Provincetown Theatre: Fair State by Megan Gogerty (O)	27
28	29	30 1-5 pm PWC - by appt. only (E)	Alzheimer's Awareness Month PTSD Awareness Month			



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.**

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.

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**

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 outercapcommunitysolutions.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.

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Annual Community Gathering

**June 9th 5:30-7:30 pm
AMWWC at HOW in Eastham**

Our annual celebration, where you can indulge in delicious food and drinks! Join us to hear about our achievements over the past year and welcome the summer season together. **FREE.** Open to everyone!