



(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 client
services (ext. 3) with any
questions.

August 2026

Greetings!

Do you remember the first time you wrote in a journal? I do. I was 9 years old and received a small diary with a lock for my birthday. I recently found that very diary while organizing boxes of memorabilia. Over the years, I've returned to journaling during difficult times, and there's something about "talking" through writing that helps me unburden the parts of me that feel distressed.

It turns out there's a lot of research behind this. Pam and I recently attended a workshop on Caregiving and Dementia, where we learned about Dr. James Pennebaker's expressive writing protocol, which has been linked to improvements in both physical and psychological health. The idea is simple: by giving voice to blocked feelings in a safe space, we can begin to make meaning of difficult experiences. This results in a release of energy and can improve long term health.

The Journaling Protocol

Choose your topic. Write about something deeply personal and important to you. You can write about the same event all four days or a different one each day.

Set your length and frequency. **Write for 15–20 minutes each day for four consecutive days.** Consecutive days tend to be a bit more effective than spreading sessions out over weeks.

Write continuously. Once you begin, keep going without stopping. Don't worry about spelling or grammar. If you run out of things to say, repeat what you've already written until the time is up.

Write only for yourself. **This is for your eyes only.** When you're finished, you may choose to keep, hide, or destroy what you've written.

Trust Yourself & Know what to avoid. **Trust where your writing takes you.** You might start writing about a traumatic experience and then find yourself writing about something entirely different. If an event feels too upsetting to write about, give yourself permission to skip it or stop writing.

What to Expect

It's common to feel a little sad or low after writing, especially the first day or two. This is completely normal and usually passes within minutes or hours. Plan some quiet time afterward to reflect and care for yourself.

Taking Care of Yourself

Writing exercises aren't for everyone. **If writing brings up feelings you can't cope with, stop right away and do something soothing**—try slow breathing, call a friend, or go for a walk. If you notice signs of stress or distress, stop immediately. And if difficult feelings linger, please reach out to a psychologist, counselor, or physician. Or call our Client Service team – Maria & Monica – and they will listen and help you find additional supports if needed.

Let us know if you try this and if you'd like to gather for tea sometime this fall and work together designing art to cover journals made from notebooks. -Gwynne

Protocol adapted from Therapeutic Journaling, VA Office of Patient Centered Care

Si desea una versión en español de este boletín, envíe un correo electrónico a
monica@helpingourwomen.org

Peer Wellness Coaching Corner

Scan the QR code, call 508-487-4357 ext 6 or ext 8, or email howpwc@helpingourwomen.org to sign up and become eligible for a FREE gift card!



PEER
WELLNESS
COACHING

\$75 Stop & Shop Gift Card!

Feel heard and understood * Set personal goals around health and well-being * Discover practical next steps * Receive encouragement and accountability * Enjoy social connection

Mon.-Thurs. 10am-3pm

HOW Community Spotlight

Mary Berry, Client Transportation & Finance Manager *A Fond Farewell*

With warm hearts, we share that Mary Berry left HOW at the end of July. Mary contributed so much to the HOW community -- her steady presence and care touched many of the women we serve. We are grateful for all the ways she contributed to our mission and our growth over the past 7 years. HOW's parting gifts to Mary included a bracelet made in Wellfleet with links representing the many connections she helped make in service of the HOW mission. Please join us in wishing Mary all the best in this next chapter!



Reminders and Updates

WE'VE UPDATED OUR PHONE SYSTEM - so please listen closely to the new message when you call.



HOW's Transportation Program

Going forward, all transportation requests and questions go to extension 2, which was Mary's old extension. Same number, familiar spot on the menu. Monica and Maria, our client services team, are here to take care of your rides. They're ready to help you get to appointments and wherever else you need to go. If you have a question about transportation, they're your people.



HOW's Client Services Program & HOW's Stipend Program

For client services and stipends, use extension 3 (Maria's extension) unless you're working directly with Monica, then use extension 6.



HOW STAFF

Gwynne Guzzeau
Executive Director
ext. 1

Transportation
Requests/Questions
ext. 2

Maria Brennan
Client Services Director
ext. 3

Lisa Phillips
Volunteer Coordinator
ext. 4

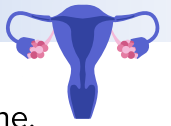
Monica Montoya-Quintero
Multi-Lingual Services
Manager
ext. 6

Annette Medina
Administrative Assistant

Pam Mahoney
Program Manager
ext. 8

Gino
Volunteer Resource
Developer, AmeriCorps
VISTA

Health Corner



Understanding Perimenopause, Menopause & Your Hormones

If you've been feeling a little (or a lot) different lately, you're not imagining it, you're certainly not alone. Perimenopause and menopause are natural stages in a woman's life, yet they're rarely talked about openly. That silence can leave many of us feeling confused, dismissed, or unsure whether what we're experiencing is "normal." It usually is. And it deserves real attention and care.

September is Perimenopause awareness month and October is Menopause awareness month. We're excited to share that HOW will be offering programs this fall focused on **perimenopause, menopause, and hormone health**. These will be welcoming spaces to learn, ask questions, and connect with other women walking a similar path. Keep an eye on upcoming newsletters for dates and details, and we hope you'll join us. As always, if you have questions or just need someone to talk to, we're here for you. You're not alone in this.

HOW Community & Happenings

Helping Our Women is Making Waves for Women's Health....so far in 2026 we have given



- 310 rides given to medical, wellness, and essential appointments
- 995 monthly stipends provided to help with the costs of chronic illness
- 155 food-security contacts connecting women to groceries and support
- 486 personalized support contacts offering advocacy and guidance
- 575 program visits bringing women together for connection and community
- 49 Peer Wellness Coaching appointments building trust, one conversation at a time

HEALTH & WELLNESS PROGRAMS

APPLY FOR A FREE DUNE SHACK STAY

We're now accepting applications for a **free week at a Dune Shack in Provincetown**, and we'd love for you to consider it. Tucked into the remote dunes of the Cape Cod National Seashore, the shack is a primitive, off-grid cabin, peaceful, rustic, and far from the noise of everyday life. A driver will take you out and bring you back. This experience is a little different, and it's not for everyone, so please know it takes some self-sufficiency. All the details about what to expect and what to bring are on the application, so you'll have everything you need to decide if it's the right fit for you. Applications are due by **August 25**. Scan the QR code below to apply or email pam@helpingourwomen.org.



LET'S TALK WOMEN'S HEALTH: WHY BEAUTY AND GOODNESS MATTER SO MUCH IN THE WORLD OF CHAOS

Maria Sirois is a positive psychologist, master facilitator, author, and intentional consultant known for her wisdom, authenticity, and humor. She specializes in resilience and the human spirit under pressure. Maria works with therapeutic, corporate, and community audiences to build capacity around stress, difficult conversations, and failure to transform challenges into lasting shifts in perspective.

Date/Time: 8/5/26, 5:30 pm

Where: Nauset Regional Middle School

Registration: Scan the QR code



HOW SUPPORT GROUPS - WELCOMING NEW MEMBERS

Stay Strong: Cancer Support Group

~

Grieving & Growing: Grief Support Group

HOW CONTIGO

Presentamos HOW Contigo

Contigo means "with you" — and that's exactly what this new outreach is: a warm, safe space for everyone of the Outer Cape to gather, connect, and feel at home. Every other month, we come together to enjoy food, an activity, and social time as a community. We'll be speaking Spanish mostly. Questions? Reach out to Monica at (508) 487-4357 ext. 6

Contigo significa estar a tu lado — y eso es exactamente lo que ofrece esta nueva iniciativa: un espacio cálido y seguro para que todas las personas del Outer Cape se reúnan, se conecten y se sientan en casa. Cada dos meses nos reunimos para disfrutar de comida, una actividad y un rato de convivencia como comunidad. Hablaremos principalmente en español. ¿Preguntas? Comuníquese con Monica al (508) 487-4357 ext. 6.

ACUPUNCTURE & MEDITATION - WEEKLY AT 10 AM ON WEDNESDAY IN EASTHAM

If you're affected by stress, anxiety, or substance use disorder (SUD) this is worth a try! Participants report up to 50% reduction in their stress, anxiety, desire to use, cravings, and other wellness markers!

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



FREE PAYOMET TICKETS AND FREE PROVINCETOWN THEATER TICKETS

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. Sometimes tickets are offered last minute. Look for an email or update in our monthly newsletter for specific dates. Not sure if we have your email, give us a call!



COMMUNITY INFORMATION

Medicaid changes are coming

New federal rules and requirements:

- These changes will not impact **most** MassHealth members. MassHealth will reach out to you directly if you are affected.
- October 2026: Some immigrants legally in the U.S. will stop being eligible for MassHealth
- January 2027: Some members will face new work and education requirements and/or more frequent renewals.

Next month we will share additional information and resources to help navigate these upcoming changes.



HPC's Backpack to School Program is now open

Free backpack and supplies for school age children. To learn more, call Homeless Prevention Council at 508-255-9667 and ask for an intake coordinator.

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

Join the community for an outdoor movie on August 7th (7:30 gathering, movie at 8), Grease - likely a sing-along! Bring your lawn / beach chair, blanket or towel and brown bag or cooler. Everyone Welcome!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Women's equality day (Aug 26) National grief awareness day (Aug 30)						
2	3 10-3 pm PWC	4 10-3 pm PWC	5 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 5:30 Maria Sorois, CCI (Orleans)	6 10-3 pm PWC 3 pm Grieving & Growing Group (E)	7	8
9	10 10-3 pm PWC	11 10-3 pm PWC	12 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	13 10-3 pm PWC 3 pm Grieving & Growing Group (E)	14	15
16	17 10-3 pm PWC	18 10-3 pm PWC	19 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	20 10-3 pm PWC 3 pm Grieving & Growing Group (E)	21	22
23	24 10-3 pm PWC 31	25 10-3 pm PWC Dune Shack Application Deadline	26 Women's equality day 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	27 10-3 pm PWC 3 pm Grieving & Growing Group (E)	28	29
National grief awareness day 30						

HOW August 2026

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 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 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. **Accepting New Members.**

Peer Wellness Coaching Appointments

Feel heard and understood * Set personal goals around health and well-being * Discover practical next steps * Receive encouragement and accountability * Enjoy social connection

Email howpwc@helpingourwomen.org to register

Acupuncture & Meditation

Weekly at AMWWC at HOW in Eastham!

• **10:00-11:00 AM**

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

**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.



Apply for a Free Dune Shack Stay

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Let's Talk Women's Health: Why beauty and goodness matter so much in the world of chaos

Maria Sirois is a positive psychologist, master facilitator, author, and intentional consultant know for her wisdom, authenticity, and humor. She specializes in resilience and the human spirit under pressure..

Date/Time: 8/5/26, 5:30 pm

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