

Giving Back is Good Business

Support the Health & Wellness of Women on the Outer Cape



Helping Our Women is the trusted resource center for women living with chronic or serious health conditions in the rural Outer Cape towns of Eastham, Wellfleet, Truro and Provincetown.

Through personalized outreach we EDUCATE, SUPPORT, and EMPOWER our client members to take control of their healthcare, well-being, and diverse needs by connecting them to our services, government benefits, community partners, and health and wellness education. We've seen a 61% increase in the number of women and households we serve in the rural towns of the Outer Cape over the past 5 years and **partnerships with local businesses are key to our ability to offer our resources.**



Transportation to Medical Appointments



Access to Food & Personal Products



Financial Assistance



Community Programs for Connection

"Roderick's Payroll & Bookkeeping is a long-time partner with Helping Our Women by supporting their vital work. Plain and simple, it's just good business to give back to the community who supports you. In the Outer Cape, we are all in this together."

- Steven Roderick, local business owner



HOW's Peer Wellness Coaching Program trains volunteers to empower other women to reach specific wellness goals. This innovative wellness program launches in May when trainees will begin taking on client appointments.

Our Community Impact in 2025



1,196

Wellness Rides
to support each woman's healthcare journey



2,265

Food Access Services
for meal deliveries & gift cards that provide the dignity of choice



\$197,000

Stipends & Emergency Assistance
for medical or alternative treatments or household bills



6,825

Connections with Women
through direct support and community health education

Contact Gwynne Guzzeau to discuss 2026 sponsorship opportunities
(508) 487-4357 Ext. 1
gwynne@helpingourwomen.org