

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Recovery Month Pain Awareness Month		1 10-3 pm PWC	2 10-3 pm PWC	3 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	4	5
6	7 10-3 pm PWC	8 Labor Day - Closed	9 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	10 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	11	12
13	14 10-3 pm PWC	15 10-3 pm PWC	16 10-3 pm PWC	17 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	18	19
20	21 10-3 pm PWC	22 10-3 pm PWC	23 10-3 pm PWC 10 am Stay Strong: Cancer Support Group (O)	24 10-3 pm PWC 3-4:15 pm Grieving & Growing (E) 5:30-7 pm Perimenopause program (E)	25	26
27	28 10-3 pm PWC	29 10-3 pm PWC	30 10-3 pm PWC			



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.**

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, looking for pain management 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.

Let's Talk Women's Health:

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.
Date/Time: 9/24/26, 5:30 pm
Where: AMWWC, 3 Main St., Eastham
Registration: Scan the QR code



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