October 2026

Calendar of Events

Helping Our Women

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

34 Conwell St, Provincetown, MA 02657
3 Main St, Unit 7, 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
Breast Cancer Awareness Month National Coming Out Day (October 11)				1 10-3 pm PWC 3-4:15 pm Grieving & Growing (E)	2	3
4	5 10-3 pm PWC	6 10-3 pm PWC 12-2 Selfcare & Compassion (V)	7 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	8 10-3 pm PWC 3-4:15 pm Grieving & Growing Group (E)	9	10
11	12 **OFFICE CLOSED** 3-4 Sexual Health (O)	13 10-3 pm PWC 3-4 Menopause (O)	14 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	15 10-3 pm PWC 10-11 Mary Oliver Walk & Tea (O) 3-4:15 pm Grieving & Growing Group (E)	16	17
18	19 10-3 pm PWC	20 10-3 pm PWC	21 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	22 10-3 pm PWC 3-4:15 pm Grieving & Growing Group (E) 6 pm HOW Contigo	23	24
25	26 10-3 pm PWC	27 10-3 pm PWC	28 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	29 10-3 pm PWC 3-4:15 pm Grieving & Growing Group (E)	30	31

HOW
Helping Our Women

October 2026

Visit helpingourwomen.org/events for full list of programs & events

Transportation to programs can be arranged for HOW Client Members.

To register:
pam@helpingourwomen.org
call 508-487-4357 ext. 8
Scan QR Code

HOW's **FREE** Health & Wellness Programs are open to all women, not only HOW client members who are registered to receive services.

Grieving & Growing Group

Location: 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 facilitated by health educator Betsy Simmons. Registration preferred but not required. **Accepting new members.**

STAY STRONG: Cancer Support Group

Location: Truro Public Library

This support group is a safe, confidential space where every woman is truly seen, heard, and supported through her journey. 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.**

Mary Oliver Walk & Tea

Location: Beech Forest

Celebrate Mary Oliver by joining a National Park Service Ranger and HOW to hike Beech Forest around Blackwater Pond. Bring your favorite Mary Oliver poem to share.

HOW Contigo

Location: Eastham

Each gathering brings women together to talk, laugh, and support one another over food and a shared activity. Mostly speaking Spanglish.

Acupuncture & Meditation

Location: AMWWC at HOW in Eastham

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**

Recovery Without Walls Cape Cod Vermont Maine

OUTER CAPE Community Solutions

OC WELLNESS COLLABORATIVE

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

Let's Talk Women's Health: Sexual Health

Location: Provincetown

Join us for a warm, open conversation about sexual health for women of every age and every body, led by an affirming health expert who leaves the jargon at the door. This is built for women across the lifespan, including those living with illness, aging, or big body changes, and it makes room for questions people usually swallow. Led by Toby Simon, a nationally recognized Women's Health and Sexuality Educator.

Peer Wellness Coaching Appointments

Location: Eastham & Provincetown

Peer Wellness Coaching gives you a private space to talk about what's going on, name a goal that actually matters to you, and figure out a few real steps to get there.
You set the pace. You choose the goal.
There's no wrong answer.

Let's Talk Women's Health: Menopause

Location: Provincetown

A special movie screening of the M Factor followed by a thoughtful, empowering panel discussion (featuring Jillian Martin, FNP) focused on menopause—a life stage that affects millions, yet is rarely talked about openly.

Self-Care & Compasssion

Location: Zoom

Self - Care and Compassion are important ways to relate to yourself and others. During this program we will explore and learn about self - care, self - compassion, and kindness for ourselves and others. The goal is to become aware of ways we can treat ourselves and others with compassion, and develop a self - care plan.