HOW May 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
Mental Health Awareness Month World MS Day - May 30th Women's Health Month					1	2
3	4	5 1-5 pm PWC - by appt. only (E)	6 10-11 am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E) 6 pm MS Support Group (E)	7 10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	8 10-1 Eastham Health Fair	9
10 Mother's Day	11	12 1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O)	13 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	14 10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E) 6-7:30 The M Factor 2: Before the Pause (O)	15	16 3-7 pm Live Colombian Cumbia music!
17	18	19 1-5 pm PWC - by appt. only (E) 12-3 Ptown Health Fair	20 10-11 am Acupuncture & Meditation (E)	21 10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	22	23
24 31	25 Memorial Day: CLOSED	26 1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O)	27 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	28 10-2 am PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	29	30 World MS Day

HOW Helping Our Women

May 2026

FREE to attend

To register email pam@helpingourwomen.org or call 508-487-4357

SCAN QR CODE TO JOIN HOW'S PROGRAM NEWSLETTER

Transportation to programs can be arranged for HOW Client Members

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.**

MS Support Group - May 6th at 6pm

This group provides a welcoming space for people living with MS to connect, share, and support each other. Accepting new members. Free and open to all men and women. contact: outercapemsgroup@gmail.com

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 outercapecommunitysolutions.org

OUTER CAPE Community Solutions

OC WELLNESS COLLABORATIVE

Sound Baths

2nd & 4th Tuesdays (1 pm) at St. Mary, Ptown

Let the soothing frequencies of Crystal Alchemy Singing Bowls guide you into a state of calm and balance. These sound baths support your natural healing process, promote inner peace, and restore equilibrium. You're welcome to bring a mat. Facilitated by Kat Black. **Registration required.**

HOW ofrece servicios de traducción al español de nuestros materiales impresos y programas. Comuníquese con nuestra oficina para solicitar hablar con nuestra Coordinadora Multilingüe.

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.

The M Factor 2: Before the Pause

Wellfleet Preservation Hall: 5/14/26 6 pm

Join us for a special movie screening of the M Factor 2 followed by a thoughtful, empowering panel discussion (featuring Jaymie Adachi, FNP, MSCP) focused on perimenopause—a life stage that affects millions, yet is rarely talked about openly. **Registration Required** - walkins welcome if space allows.

Cancer Support Group

2nd & 4th Wednesday, (May 14 & 28), Truro Public Library.

The Stay Strong women's cancer support group meets at the Truro Public Library on the second and fourth Wednesdays of each month. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.