

HOW April 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 = Town office
E = Eastham office
H = Hybrid
V = Virtual
O = Off-site

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------|---|--|---|---|----------|
| National Stroke Awareness Month National Stress Awareness Month | | | | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | | 1-5 pm PWC - by appt. only (E) | 10 am Stay Strong: Cancer Support Group (O) | 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | 1-5 pm PWC - by appt. only (E) 1 pm Sound Bath (O) | 10-11 Am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E) | 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) 4:30 - 6 pm Welcome Circle (P) | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | CLOSED | 1-5 pm PWC - by appt. only (E) | 10 am Stay Strong: Cancer Support Group (O) 10-11 Am Acupuncture & Meditation (E) 3-4:30 Women's Sexual Health & Aging (E) | 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) | 5:30-7 The M Factor 2: Before the Pause (E) | |
| 26 | 27 | 28 | 29 | 30 | | |
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FREE to attend
Visit helpingourwomen.org/events
for full list of programs

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

To register email

pam@helpingourwomen.org

or call 508-487-4357



SCAN QR CODE
TO JOIN HOW'S
PROGRAM
NEWSLETTER

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 - April 1st 6pm

This group provides a welcoming space for people living with MS to connect, share, and support each other. 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**

The M Factor 2: Before the Pause

Eastham: 3/24/26 5:30 pm
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.

Acupuncture & Meditation

Wednesdays - AMWWC at HOW in Eastham at 10 am!
• **No Session 4/1/26**
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



Women's Sexual health & Aging: Not Done Yet

Eastham: 4/15, 4/22, 4/29 & 5/6 HOW Eastham: 3-4:30 pm
Sexual health is part of whole health — at every age. And yet it's a topic older women are too rarely invited to explore openly and without judgment. This four-part series, led by nationally recognized Women's Health and Sexuality Educator Toby Simon, changes that.

HOW ofrece servicios de traducción al español de nuestros materiales impresos y programas.

Comuníquese con nuestra oficina para solicitar hablar con nuestra Coordinadora Multilingüe.

Transportation to programs can be arranged

for HOW Client Members.

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.

Circle of Welcome

Dates: Apr 2, 16, 30
As we settle back into 34 Conwell Street, we're hosting six evenings of soup and guided conversation. So come hungry to gather for a friendly evening with HOW staff, volunteers and special guest Maura Smith Stein! Registration required.

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.**