HOW November 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
1	2 10-3 pm PWC 10 Grief Group (O)	3 10-3 pm PWC 5:30 pm Hormone Talk (E)	4 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	5 10-3 pm PWC 2:30 pm Grieving & Growing (E)	6	7
8	9 10-3 pm PWC 10 Grief Group (O)	10 10-3 pm PWC 1 pm Sound Baths (O)	11 Offices closed	12 10-3 pm PWC 1:30 pm Living, Dying & Grieving (E) 2:30 pm Grieving & Growing (E)	13	14
15	16 10-3 pm PWC 10 Grief Group (O)	17 10-3 pm PWC	18 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	19 10-3 pm PWC 2:30 pm Grieving & Growing (E)	20	21
22	23 10-3 pm PWC 10 Grief Group (O)	24 10-3 pm PWC 1 pm Sound Baths (O)	25 10 am Stay Strong: Cancer Support Group (O) 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	26 Offices closed	27 Offices closed	28
29	30	American Diabetes Month National Alzheimer's Disease Awareness Month				

HOW Helping Our Women

November 2026

FREE to attend!

Visit helpingourwomen.org/events for full list of programs

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 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.

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.

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

Hard Things Spoken Softly: Living, Dying and Grieving

Location: AMWWC at HOW in Eastham

Helping Our Women (HOW) and Lily House are co-hosting a community program focused on end-of-life topics. Many women on the Outer Cape face serious illness while carrying questions about the end of life quietly and alone. This program creates a warm, welcoming space to speak openly, to ask questions, to feel less alone, and to learn what support is here for them.

Let's Talk Women's Health: Hormones

Location: AMWWC at HOW in Eastham

A free evening for real answers. Bring your questions, all of them. Perimenopause, menopause, HRT. Most of us are piecing this together from friends, the internet, and a rushed ten minutes with a doctor who's already reaching for the door. Jillian Martin, FNP, specializes in hormone care and treats the whole person, not just a lab result. She'll answer what you ask.

Sound Baths

Location: St. Mary of the Harbor

Let the soothing frequencies of Crystal Alchemy Singing Bowls guide you into a state of calm and balance. These immersive sound baths offer a meditative escape that supports your natural healing process, promotes inner peace, and restores equilibrium. You're welcome to bring a mat and lie down, or sit comfortably in a chair (provided). Facilitated by Kat Black.

Grief Group

Location: St. Mary of the Harbor

Loss takes many forms. A family member, friend or beloved pet. This group offers a safe, welcoming space to share your experience with others who understand.