

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	3 1-5 pm PWC - by appt. only (E)	4 10 am Acupuncture & Meditation (E) 12:00-1:30 pm Women's Money Matters (V) 6 pm MS Support Group (E)	5 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E) 4:30-6 pm Welcome Circle (P)	6	7
8	9	10 1 pm Sound Bath (O) 1-5 pm PWC - by appt. only (E)	11 10 am Stay Strong: Cancer Support Group (O) 6:30-8 pm Women's Money Matters (V)	12 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E)	13	14
15	16	17 1-5 pm PWC - by appt. only (E) 12:30 - 2 pm Stillness & Strength: Healing Art Workshop (O) 6:30-8 pm Women's Money Matters (V)	18 10 am Acupuncture & Meditation (E) 6:30-8 pm Women's Money Matters (V) - Spanish	19 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E) 4:30 - 6 pm Welcome Circle (P)	20	21 9:30-11 am Women's Money Matters - Spanish (V)
22	23 6:30-8 pm Women's Money Matters (V)	24 1 pm Sound Bath (O) 1-5 pm PWC - by appt. only (E)	25 10 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	26 10-2 pm PWC - by appt. only (E) 3:00-4:15 pm Grieving & Growing Group (E)	27	28
29	30	31	<p>Endometriosis Awareness Month</p> <p>Multiple Sclerosis Awareness Month</p>			



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

### Grieving & Growing Support Group

Thursdays, March 5, 12, 19, & 26, 3:00-4:15,  
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 is not required, but preferred.

### Stillness & Strength: Healing Art Workshop

Tuesday, March 17, 12:30-2 pm

St. Mary's of The Harbor - Registration required

This is an inclusive space that supports mental health and well-being. Art supplies will be provided, but you're welcome to bring your own too! Dress comfy and come hungry - soup will be served!

### MS Support Group - Mar 4<sup>th</sup> 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](mailto:outercapemsgroup@gmail.com)

### STAY STRONG Cancer Support Group

2nd & 4th Wednesday, March 11 & 25, 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.

### Acupuncture & Meditation

Wednesdays - AMWWC at HOW in Eastham at 10 am!

- **No Session 3/11/26**

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.**



OUTER CAPE  
Community  
Solutions



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](mailto:info@outercapecs.org) [outercapcommunitysolutions.org](http://outercapcommunitysolutions.org)

### Let's Talk Women's Health: What the Menopause?

Start dates: 3/x, 6 pm

Registration required: \_

### **Visit [helpingourwomen.org/events](http://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.

### Sound Baths

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays (1 pm) at St. Mary's, Ptown  
• Mar 10 & Mar 24

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.**

### Circle of Welcome

Dates: Mar 5, 19, 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.

### Women's Money Matters Online Program

Start dates: 3/3, 3/11, 3/17, 3/21, 3/23

A free, 8 week, virtual financial program that empowers women living on low incomes with the skills they need to achieve their goals. Free tablet provided! **Registration required:**  
[Monica@helpingourwomen.org](mailto:Monica@helpingourwomen.org)

### 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](mailto:HOWPWC@helpingourwomen.org)**