

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
Cervical Health Awareness Month National Blood Donor Month				1 OFFICE CLOSED	2	3
4	5	6 1-5 pm PWC - by appt. only (E)	7 10 am Acupuncture & Meditation (E) 6 pm MS Support Group (E)	8 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) 6:30-8 pm Women's Money Matters (V)	9	10
11	12	13 1 pm Sound Bath (O) 1-5 pm PWC - by appt. only (E) 6:30-8 pm Women's Money Matters (V)	14 10 am Acupuncture & Meditation (E) Cancer Support Group (O)	15 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) 6-7 pm Let's Talk Women's Health: What the Menopause??	16	17
18	19 OFFICE CLOSED	20 12-1:30 pm Women's Money Matters (V) 1-5 pm PWC - by appt. only (E)	21 10 am Acupuncture & Meditation (E) 12-1:30 pm Women's Money Matters (V)	22 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E)	23	24 9:3--11 am Women's Money Matters (V)
25	26 6:30-8 pm Women's Money Matters (V)	27 1 pm Sound Bath (O) 1-5 pm PWC - by appt. only (E)	28 10 am Acupuncture & Meditation (E) Cancer Support Group (O)	29 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing Group (E) 6:30-8 pm Women's Money Matters (V)	30	31



FREE to attend!

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 (Jan 8, 15, 22, & 29) 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. This is an ongoing group and is facilitated by health educator Betsy Simmons.

Registration preferred but not required.

STAY STRONG Cancer Support Group

2nd & 4th Wednesday, Jan 14 & 28, Truro Public Library

To learn more about this support group, register, or get the meeting time, call Ginny at (508) 648-1639.

Peer Wellness Coaching Appointments

Eastham: Tuesdays & Thursdays by appointment

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 monica@helpingourwomen.org**

Women's Money Matters Online Program

Start dates: 1/8, 1/13, 1/21, 1/24, 1/26

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

Acupuncture & Meditation

Wednesdays - AMWWC at HOW in Eastham!

- Jan. 7 : 10 am
- Jan. 14 : 10 am
- Jan. 21 : 10 am
- Jan. 28: 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.



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 outercapecommunitysolutions.org

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

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.**

Let's Talk Women's Health

January 15th, 6-7 pm, 3 Main St., Eastham

Join Us for an Empowering Menopause Talk with Jaymie Adachi, FNP! Discover how to thrive through Pre-, Peri-, and Post-Menopause! It's never too early (or too late) to understand how hormones impact your whole body. Snacks Provided. **Registration required.**

Sound Baths

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

- Jan. 13 : 1 pm
- Jan. 27 : 1 pm

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.**

MS Support Group - Jan 7th 6pm

Led by Outer Cape residents with MS for anyone with MS! We are proud to work with HOW community members to support their interest in hosting the National MS Society gatherings at our Eastham center. 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