

July 2025 Calendar of Events

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

Offices Open
 Monday-Thursday: 9-4
 Friday: 9-1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Disability Pride Month International Self Care Day (7/24)		1	2 1-2 pm Acupuncture & Meditation (E)	3 3-4:15 pm Grieving & Growing Group (E)	4	5
6	7	8	9 Cancer Support Group (O) 10-11 am Acupuncture & Meditation (E) 12-1:30 pm Women's Money Matters (V)	10 3-4:15 pm Grieving & Growing Group (E)	11	12
13	14	15 6:30-8 pm Women's Money Matters (V)	16	17 3-4:15 pm Grieving & Growing Group (E) 6-7:30 pm The Pelvis Party Talk (E, H)	18	19 9:30-11 am Women's Money Matters (V)
20	21	22	23 Cancer Support Group (O) 2-3 pm CORD Presentation (V) 5-6 pm Acupuncture & Meditation (E)	24 3-4:15 pm Grieving & Growing Group (E)	25	26
27	28	29	30 10-11 am Acupuncture & Meditation (E)	31 3-4:15 pm Grieving & Growing Group (E)		



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 (July 3, 10, 17, 24, 31) 3:00-4:15 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.

Cancer Support Group

2nd & 4th Wednesday, (July 9 & 23), 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.

Registration required. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.

Disability Rights Workshop with CORD

Wednesday, (July 23), 2-3 pm, 3 Main St., Eastham or virtual (via zoom)

Join CORD for an 'Emergency Preparedness' workshop. CORD advances independent living and rights of people with disabilities.

Registration required.

Acupuncture & Meditation

Weekly starting in July at HOW Eastham!

- **Week 1: 1:00–2:00 PM**
- **Week 2: 10:00–11:00 AM**
- **Week 3: 4:00–5:00 PM - no acupuncture on July 16th**
- **Week 4: 5:00–6:00 PM**
- **Week 5 (if applicable): 10:00–11:00 AM**

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 and those who live with anxiety, depression & PTSD.

Please note: registration is required and becomes available after each session. An email will be sent to confirm your appointment or to notify you that you've been added to the waitlist.



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

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

The Pelvis Party

July 17th 6-7:30 pm, AMWWC (3 Main St., Eastham and streamed live)

Forewarned is forearmed — and exploring pelvic health can be both informative and fun! Join Jamie Adachi, Nurse Practitioner, for a lively, no-holds-barred conversation where laughter and learning go hand in hand. Together, we'll break the silence, share candid insights, and discover how closely pelvic health ties to overall quality of life. No one needs to suffer in silence—or at all—when so much can be done to maintain a healthy pelvis. Snacks provided!

Registration required.

Women's Money Matters Online Program

A free, 3-month, virtual financial program that empowers women living on low incomes with the skills they need to achieve their goals.

Upcoming 12-week session start dates:

- 7/9, 7/15, 7/19

Registration required:

Monica@helpingourwomen.org

Transportation to programs can be arranged for HOW Client Members.

Visit helpingourwomen.org/events for full list of programs