HOW Helping Our Women — July 2026

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
Disability Pride Month International Self Care Day (7/24)			1 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC	2 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	3 **Offices Closed**	4 July 4th Holiday
5	6 9:30-1 pm Dementia Workshop (O) 10-3 pm PWC	7 9:30-1 pm Dementia Workshop (O) 10-3 pm PWC	8 9:30-1 pm Dementia Workshop (O) 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC 10 am Stay Strong: Cancer Support Group (O)	9 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	10	11
12	13 10-3 pm PWC	14 10-3 pm PWC	15 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC	16 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	17	18
19	20 10-3 pm PWC	21 10-3 pm PWC	22 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC 10 am Stay Strong: Cancer Support Group (O)	23 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	24 Self-care Day	25
26	27 10-3 pm PWC	28 10-3 pm PWC	29 10-11 am Acupuncture & Meditation (E) 10-3 pm PWC	30 10-3 pm PWC 3:00-4:15 pm Grieving & Growing Group (E)	31	

HOW
Helping Our Women

July 2026

FREE to attend

To register email pam@helpingourwomen.org or call 508-487-4357 ext 8

SCAN QR CODE TO JOIN HOW'S PROGRAM NEWSLETTER

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 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.**

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. **Accepting New Members.**

Peer Wellness Coaching (PWC) Appointments

Feel heard and understood * Set personal goals around health and well-being * Discover practical next steps * Receive encouragement and accountability * Enjoy social connection

EXPANDED HOURS! Mon.-Thurs. 10am-3pm

Acupuncture & Meditation

Weekly at AMWWC at HOW in Eastham!

- **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

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

Let's Talk Women's Health: The Unspoken Challenges of Caregiving for Dementia

Date: 7/6-7/8, 9:30 - 1pm

Location: Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Maybe you live with or care for someone with memory loss. Maybe you worry that you have a genetic disposition for dementia. If so, consider joining an in-person workshop, July 6-8, at Nauset Middle School, Orleans. Dr. Anne Hallward will teach about the emotional and functional challenges of living with dementia or with someone who has dementia. She'll also talk about caregiver self-care. The Cape Cod Institute (CCI) is a summer learning program that is offering HOW community members free participation for the in person part of this workshop.

Call Pam to get the promo code to attend in person for free.

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.

Visit helpingourwomen.org/events for full list of programs