

H^W August 2026

Helping Our Women 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
Women's equality day (Aug 26) National grief awareness day (Aug 30)						1
2	3 10-3 pm PWC	4 10-3 pm PWC	5 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 5:30 Maria Sorois, CCI (Orleans)	6 10-3 pm PWC 3 pm Grieving & Growing Group (E)	7	8
9	10 10-3 pm PWC	11 10-3 pm PWC	12 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	13 10-3 pm PWC 3 pm Grieving & Growing Group (E)	14	15
16	17 10-3 pm PWC	18 10-3 pm PWC	19 10-3 pm PWC 10-11 am Acupuncture & Meditation (E)	20 10-3 pm PWC 3 pm Grieving & Growing Group (E)	21	22
23 30 National grief awareness day	24 10-3 pm PWC 31 10-3 pm PWC	25 10-3 pm PWC Dune Shack Application Deadline	26 Women's equality day 10-3 pm PWC 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	27 10-3 pm PWC 3 pm Grieving & Growing Group (E)	28	29



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 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 Appointments

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

Email howpwc@helpingourwomen.org to register

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



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**

**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.



Apply for a Free Dune Shack Stay

We're now accepting applications for a free week at a Dune Shack in Provincetown, Tucked into the remote dunes of the Cape Cod National Seashore, the shack is a primitive, off-grid cabin, peaceful, rustic, and far from the noise of everyday life. A driver will take you out and bring you back. This experience is a little different, and it's not for everyone, so please know it takes some self-sufficiency. All the details about what to expect and what to bring are on the application, so you'll have everything you need to decide if it's the right fit for you. **Applications are due by August 25.**

Scan the QR code below to apply or email pam@helpingourwomen.org.



Let's Talk Women's Health: Why beauty and goodness matter so much in the world of chaos

Maria Sirois is a positive psychologist, master facilitator, author, and intentional consultant known for her wisdom, authenticity, and humor. She specializes in resilience and the human spirit under pressure..

Date/Time: 8/5/26, 5:30 pm

Where: Nauset Regional Middle School

Registration: Scan the QR code