

HOW June 2026

Helping Our Women

Calendar of Events

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

34 Corwell 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 1-5 pm PWC - by appt. only (E)	3 10-11 am Acupuncture & Meditation (E)	4 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E) 4:30 pm Ruthie's Fashion Show (O)	5	6
7	8	9 1-5 pm PWC - by appt. only (E) 5:30-7:30 pm Annual Community Gathering (E)	10 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	11 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	12	13
14	15	16 1-5 pm PWC - by appt. only (E)	17 10-11 am Acupuncture & Meditation (E)	18 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	19 CLOSED: JUNETEENTH	20
21	22	23 1-5 pm PWC - by appt. only (E)	24 10-11 am Acupuncture & Meditation (E) 10 am Stay Strong: Cancer Support Group (O)	25 10-2 pm PWC - by appt. only (E) 3-4:15 pm Grieving & Growing (E)	26 7 - 9 pm Provincetown Theatre: Fair State by Megan Gogerty (O)	27
28	29	30 1-5 pm PWC - by appt. only (E)	Alzheimer's Awareness Month PTSD Awareness Month			



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.

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**

Acupuncture & Meditation

Wednesdays - AMWWC at HOW in Eastham at 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.**

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.

MS Support Group: Pausing for the Summer

As the busy Cape summer season approaches, the Outer Cape MS Support Group will be pausing in-person meetings at the AMWWC (HOW) in Eastham for the next few months. Anyone living with MS is encouraged to reach out to Katherine via email for support and/or resources. Please contact Katherine if you are interested in attending a Support Group in the Fall. outercapemsgroup@gmail.com

Annual Community Gathering

June 9th 5:30-7:30 pm
AMWWC at HOW in Eastham

Our annual celebration, where you can indulge in delicious food and drinks! Join us to hear about our achievements over the past year and welcome the summer season together. **FREE.** Open to everyone!