

April 2025 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
National Stroke Awareness Month National Parkinson's Awareness Month National Stress Awareness Month		1	2 10-11:30 am Peer Support Group (E) 1-2 pm Acupuncture & Meditation (E) 6:30-8 pm Women's Money Matters (V)	3 3:00-4:15 pm (E) Grieving & Growing Group	4	5
	6 7 3:30-4:30 pm (P) Walking Group	8 6:30-8 pm Women's Money Matters - Spanish (V)	9 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	10 3:00-4:15 pm (E) Grieving & Growing Group 5-6 pm Virtual Grieving & Growing (V)	11	12
	13 14 3:30-4:30 pm (P) Walking Group	15	16 10-11:30 am Peer Support Group (E)	17 3:00-4:15 pm (E) Grieving & Growing Group	18	19
	20 21 3:30-4:30 pm (P) Walking Group	22	23 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	24 3:00-4:15 pm (E) Grieving & Growing Group 5-6 pm Virtual Grieving & Growing (V)	25	26
27	28 3:30-4:30 pm (P) Walking Group	29 5:00-6:30 pm (P) Balancing Change & Managing Life Transitions	30			



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 (April 3, 10, 17, & 24) 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.

Virtual Grieving & Growing Group

2nd & 4th Thursdays (April 10 & 24) 5-6 pm

Same as Grieving & Growing but it's via zoom. This group started in March of 2025. Registration required. Email pam@helpingourwomen.org for the zoom link.

Acupuncture & Meditation

1st Wednesday (April 2) 1-2 pm

This evidence-based treatment offers an immediate calming effect, fostering a sense of peace and stability and promoting mental wellness in a community, group environment. The style of acupuncture offered is Acudetox - a specialized outer ear method recognized to aid individuals experiencing anxiety, stress, depression or PTSD and for those recovering from alcohol and drugs. This life-changing treatment is open to all women at NO COST thanks to community partner **Recovery Without Walls** and the practitioner is Heather Louks! Registration is required and space is limited.

Women's Money Matters Online Program

A free, 3-month, financial program that empowers women living on low incomes with the skills they need to achieve their goals. Upcoming 12-week session start dates:

- **Wednesday, starting 4/2, 6:30-8 pm**

Registration required: Monica@helpingourwomen.org

El dinero de las mujeres importa

Próxima sesión, Martes, 8 de abril, de 6:30 a 8:00 pm

Programa gratuito de bienestar financiero en línea (3 meses) Empodera a las mujeres con habilidades y conocimientos para alcanzar metas financieras. Inscribáse gratis a través de HOW. Acceso a tecnología disponible. Aprenderá a: Mejorar puntaje de crédito, reducir deudas y ahorrar, conocer una comunidad de apoyo y obtener acceso a recursos. Envíe un correo electrónico a Mónica a monica@helpingourwomen.org o llame al 508-487-4357 para registrarse.

Alzheimer's Support Groups

2nd and 4th Wednesdays (April 9 & 23) 1-2:30 pm The meetings consist of two groups - one for caregivers and one for those who have cognitive loss. If interested, contact the AFSC directly at 508-896-5170 or email info@capecodalz.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.

**Transportation to programs can be arranged
for HOW Client Members.**

Weekly Walking Group

Mondays (April 7, 14, 21 & 28) 3:30 pm, Beech Forest walking trail in Ptown

Join volunteer Krasi for a 45 minute walk along the Beech Forest Trail in Provincetown!. Registration preferred but not required.

Cancer Support Group

2nd & 4th Wednesday (April 9 & 23) Truro Public Library

The Stay Strong women's cancer support group meets at the Truro Public Library. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.

Peer Support Group

1st & 3rd Wednesdays (April 2 & 16) 10-11:30 am.

A safe community to share what's in your heart & mind. Share feelings on a diagnosis or reflect on changes & everyday life. A place to practice mindfulness and acceptance in a supportive atmosphere. Registration preferred but not required.

Balancing Change & Managing Life Transitions

Tuesday, 4/29 5-6:30 pm The Commons (46 Bradford St., Provincetown)

Join HOW's Executive Director, Gwynne Guzzeau, for an interactive workshop where you'll learn some tools to manage the change events in our life so they don't manage you.

Registration preferred but not required.