

May 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
Women's Health Month ALS Awareness Month Mental Health Awareness Month Multiple Sclerosis Awareness Month				1 3:00-4:15 pm Grieving & Growing Group (E) 5-6 pm Balancing Change & Managing Transitions (O)	2	3
4	5 6:30-8 pm Women's Money Matters (V)	6	7 10-11:30 am Peer Support Group (E) 1-2 pm Acupuncture & Meditation (E)	8 3:00-4:15 pm Grieving & Growing Group (E) 5:00-6:00 pm Zoom Grieving & Growing Group (V)	9	10
11 10-11 am Leading with Love (O)	12	13 12-1 pm Let's Talk Women's Health (E)	14 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	15 12-1:30 pm Women's Money Matters (V) 3:00-4:15 pm Grieving & Growing Group (E)	16	17
18	19	20	21 10-11:30 am Peer Support Group (E)	22 3:00-4:15 pm Grieving & Growing Group (E) 5:00-6:00 pm Zoom Grieving & Growing Group (V)	23	24
25	26	27	28 Cancer Support Group (O) 1-2:30 pm AFSC Group (E) 2:00-3:00 pm CORD Presentation (V)	29 3:00-4:15 pm Grieving & Growing Group (E) 6:30-8 pm Women's Money Matters (V)	30	31 9:30-11 am Women's Money Matters (V)



Transportation to programs can be arranged for HOW Client Members

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 (May 1, 8, 15, 22, 29) 3:00-4:15 pm, 3 Main St., Eastham

Virtual: 2nd & 4th Thursdays (May 8 & 22) 5-6 pm

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.

Disability Rights Workshop with CORD

Wednesday, (May 28), 2:00-3:00 pm, 3 Main St., Eastham or virtual

Join CORD for a 'Stretching Your Dollar' workshop. CORD advances independent living and rights of people with disabilities. Email Pam for the zoom link or join us in the Eastham office to watch together.

Let's Talk Women's Health

May 13, 12-1 pm, 3 Main St., Eastham

Join HOW and Dr. Sarah Todd as she shares personal and professional experiences with the healthcare system. Dr. Todd is a local ER doctor and cancer survivor and was a family caregiver for her husband for 7 years. This open discussion will educate and help patients and family caregivers navigate the current healthcare landscape. Lunch provided. Live streamed. Registration is required.

Leading With Love - It's Not Just A Mother's Job

May 11, 10-11 am, The Chapel in The Pines, 220 Samoset, Eastham

Called to leadership by the examples of the women in her family, Gwynne shares reflections on the power and purpose of leading with love in our personal and professional lives, as well as the story of Helping Our Women's legacy and work serving women on the Outer Cape

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

Eastham Peer Support Group

1st & 3rd Wednesdays, (May 7 & 21) 10-11:30 am, 3 Main St., Eastham.

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.

Alzheimer's Support Groups

2nd and 4th Wednesdays (May 14 & 28) 1-2:30 pm, 3 Main St., Eastham

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.

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:

- 5/5, 5/15, 5/29 & 5/31

Registration required: Monica@helpingourwomen.org

Cancer Support Group

2nd & 4th Wednesday, (May 14 & 28), 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. To learn more, register, or get the meeting time, call Ginny at (508) 648-1639.

Acupuncture & Meditation

1st Wednesday (May 7) 1-2 pm - 3 Main St., Eastham

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.

Balancing Change & Managing Life Transitions

Thursday, 5/1 5-6:30 pm The Commons (46 Bradford St., Provincetown)

Join HOW's Executive Director, Gwynne Guzzeeu, for an interactive workshop where you'll learn some tools to manage the change events in our life so they don't manage you. Snacks provided. Registration required. Live streamed.