

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	
1	2	3	4 1-2 pm Acupuncture & Meditation (E)	5 3:00-4:15 pm Grieving & Growing Group (E)	6	7	
8	9	10 12-1:30 pm Women's Money Matters (V) 5:30-7:30 pm Annual Community Gathering (E) 7:30-9 pm Women's Money Matters (V)	11 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	12 3:00-4:15 pm Grieving & Growing Group (E) 5:00-6:00 pm Zoom Grieving & Growing (V)	13	14	
15	16	17	18	19 3:00-4:15 pm Grieving & Growing Group (E)	20	21	
22	23	24 6-7:30 pm The Pelvis Party Talk (O)	25 Cancer Support Group (O) 1-2:30 pm AFSC Group (E)	26 3:00-4:15 pm Grieving & Growing Group (E) 5:00-6:00 pm Zoom Grieving & Growing (V) 6:30-8 pm Women's Money Matters - English & Spanish (V)	27	28	
29	30	Alzheimer's Awareness Month Brain 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 (June 5, 12, 19, 26) 3:00-4:15 pm,
AMWWC at HOW in Eastham

Virtual: 2nd & 4th Thursdays (June 12 & 26) 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.

Cancer Support Group

2nd & 4th Wednesday, (June 11 & 25), 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.

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:

- 6/10 & 6/26

Registration required: Monica@helpingourwomen.org

Acupuncture & Meditation

1st Wednesday (June 4) 1-2 pm
AMWWC at HOW in 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.

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.

The Pelvis Party

June 24th 6-7:30 pm, The Commons (46 Bradford St., Provincetown and streamed live)

.A presentation featuring surprising, amusing, life-changing facts about the pelvises of women, men and you! Presentation by Jaymie Adachi, FNP. Snacks being served. Registration required.

Annual Community Gathering

June 10th 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.

Alzheimer's Support Groups

2nd and 4th Wednesdays (June 11 & 25) 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.