

Women's Hearth

920 W 2nd Ave
 Spokane, WA 99201
 (509) 455-4249
www.help4women.org



Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober) @12 Time for being @1:15	Crochet Bags@ 1:15 10-12 Alex& Hannah 1-3 Sarah & Emily	Spirituality @11 AA (Big Book @12 Creative Conversations @12 10:30-12 Alex & Hannah 1-3 Sarah & Emily Cooking around the world @11:30	Food Bank sign up @10 Disability Assistance @1 Steps to Employment@10-11 Wii Games @1	Knit/Crochet Circle @11-12 AA (12x12) @12 Movie @1
Classes listed above are daily every week		Shower sign up at 8:45 am M-F	Hygiene Closet at 10:30 & 2:00	No laundry facilities
1	2	3 Cultural Exploration through Art@1 Wills info (must register) @1:30	4 M	5 Health Talk @10:15
8	9 Bingo @11	10 Health Talk @11:00 Cultural Exploration through Art@1 No Creative Conversation	11	12 Closed Staff Training
15 HeART of Emotions @10 Responsible Renter Program Finding a Home @1-3 GU nurses health talk @12:30	16 Karaoke @10 Responsible Renter Program Tenant Rights & Responsibilities @1-3	17 Responsible Renter Program Money Management @1-3 Cultural Exploration through Art@1 Wills Clinic (must register) @1:30	18 M	19 Lunch with St Clare's@12 Matters of The Hearth to follow
22 HeART of Emotions @10 GU nurses health talk @12:30	23 Health Talk@ 1:30	24 Health Talk @11:00 Cultural Exploration through Art@1	25	26 Community lunch@12 Guest speaker to follow M
29 GU nurses health talk @12:30 Birthdays @2	30	31 Halloween Party Starts @11 Get Dressed @11 Costume Contest @12 Lunch@12:30 Movie @1 :30		

Class Descriptions

Please note some activities have sign up list at the greeter's desk an hour before the activity. Due to the popularity of some groups & limited space available spots may be raffled.

Fun Classes

BIRTHDAYS: Come and celebrate and share your birthday wishes for those who had a birthday this month. You can have your cake and eat it too! Facilitator: Jewels

COOKING AROUND THE WORLD: Come prepare and eat simple, affordable, and nutritious meals from around the world. OT Students

CULTURAL EXPLORATION THROUGH ART: Come use your hands to learn about world cultures and notable women. Open to artists and non-artists alike.

KARAOKE/COFFEE HOUSE: Have a story, poem, joke, or song to share? Our open mic is where you should be! Come share your talent with us! Facilitator: Kathy & Jewels

Creative Classes

KNITTING /CROCHETING CIRCLE: Beginners welcome. Some supplies provided. Facilitators: Jean & Debbie

Mindful Classes

CREATIVE CONVERSATION: Coloring reduces anxiety and stress. Come color your way to happiness while conversing and supporting each other in the process. Facilitator: Lori

SPIRITUALITY: Share and receive support for individual spiritual paths. Facilitator: Joyce

SISTERHOOD OF CREATIVITY "SELF GODDESS DOLL" We will be creating a self reflective goddess doll with fabrics and paper clay, paint, glitter, jewels, and pieces from nature. Facilitator: Jewels

MATTERS OF THE HEARTH: This is the time to express yourself and give us feedback about things you like or want to change at Women's Hearth. Facilitator: Susan

Supportive groups

HEART OF OUR EMOTIONS: A workshop to explore healthy ways to express emotion using art. Facilitator: Ruth

A.A. / ALCOHOLICS ANONYMOUS: Meeting days and times listed on front of calendar. Open group for women.

Helpful/Assistance Classes

DISABILITY ASSISTANCE: Free legal assistance with social security and DSHS (state) disability questions, applications and appeals. Offered through disability assistance project.

FAMILY LAW CLINIC: A chance to review paperwork and have questions answered for simple divorces and parenting plans in cases where Child Protective Services is not involved. **Must complete intact in advance – call Kathy at the Hearth, 509-455-4249.** Sponsored by the Spokane County Bar Association Volunteer Lawyers Program (VLP) and FLASH, the combined VLP/Gonzaga University Law School program.

RESPONSIBLE RENTER PROGRAM: Are you looking for a place to live? Do you have bad credit? Do you have evictions on your record? Are you ready for a change?

MONEY/DEBT MANAGEMENT: Come learn how to improve your methods for managing your money and better your credit. Receive information on budgeting, banking and borrowing. Find out how to get a free credit report and make a debt reduction plan.

TENANT'S RIGHTS & RESPONSIBILITIES: Learn about the Landlord/Tenant Law, evictions, fair housing, accommodation for disabilities, service animals and Renter's Insurance.

FINDING A HOME: Make a plan for finding housing. Learn about rental applications, landlord interviews, screening reports, deposits, fees and leases.

RESPONSIBLE RENTER PROGRAM: Is also available to all, on the 4th Tuesday of the month at 9am-2:30pm at Neighborhood Networks (631 S. Richard Allen Court, Room 205, Enter by back door on Ivory St. Free parking lot / bus #45)