

# Women's Hearth

920 W 2<sup>nd</sup> Ave  
 Spokane, WA 99201  
 (509) 455-4249  
[www.help4women.org](http://www.help4women.org)



Mon. Fri. 8:30 - 4:30

Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober ) @12 Time for being @1:15	Crochet Bags@ 1:15	Spirituality @11 AA (Big Book @12	Food Bank sign up @10 Disability Assistance @1 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
<h2>We Are Thankful For You!</h2>			1	2
			M	
5	Bingo @11 6	Health Talk @11:00 7 Exploring Culture through art@1  Cooking around the world @11:30	8  Closed at 1:30 staff training	9
HeART of Emotions @10 12 Responsible Renter Program Finding a Home @1-3 GU nurses health talk @12:30	Karaoke @10 13 Responsible Renter Program Tenant Rights & Responsibilities @1-3	Responsible Renter Program 14 Money Management @1-3 Exploring Culture through art@1 Cooking around the world @11:30	15  M	16 Lunch with St Clare's@12 Matters of The Hearth to follow
HeART of Emotions @10 19	20	Health Talk @11:00 21	Thanksgiving Hearth will be closed.	
Birthdays @2 26	27	28	29	No Community lunch 30
			M	

## 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

**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.

**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 )