



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 Creative Conversations @12		Student Nurses @10-11 & 11-3		Spirituality @11 AA (Big Book @12 Creative Writing @2:00 Student Nurse @10:30-12:30 & 1-3		Food Bank sign up @10 Fun Facts @10:15 Sewing @12:30 Disability Assistance @1		Meditation @9:15 Journaling @10 Knit/Crochet Circle @11-12 AA (12x12) @12 Movie @1:00	
Classes listed above are daily every week			Shower sign up at 8:45 am M-F		Hygiene Closet at 10:30 & 2:00 M-F			No laundry facilities	
									
5 HeART of Emotions @10		6 World Cultures @11 Health Talks @11:30 Plastic Tote Bags @1:15 Pedicure @10:15		7 Zumba @1:30		8 Steps to Employment @9-11		9 Sisterhood of Creativity @1	
12 HeART of Emotions @10		13 World Cultures @11 Plastic Tote Bags @1:15 Health Talk @11:30		14 Nutrition Class @1:30		15 Steps to Employment @9-11 Wii Games @1		16 Matters of The Hearth to follow Sisterhood of Creativity @1	
19 HeART of Emotions @10 Responsible Renter Program Money Management @1-3 Nutrition Class @12:30		20 Bingo @11 World Cultures @11:00 Responsible Renter Program Tenant Rights @1-3 Plastic Tote Bags @1:15		21 Breast Health @11 Responsible Renter Program Finding a Home @1-3 Health Talks @1:30 Nutrition Class @1:30		22 Steps to Employment @9-11		23 Sisterhood of Creativity @1 Lunch with St Clare's @12 I'm not alone @11	
26 HeART of Emotions @10 Birthdays @2 Nutrition Class @12:30		27 World Cultures @11:00 Plastic Tote Bags @1:15 Karaoke @10:00		28 OPEN AT 10:30 SUMMER HOURS Nutrition Class @1:30		29 Wii Games @1		30 Community Lunch @12 Guest Speaker to follow Sisterhood of Creativity @1	

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

SISTERHOOD OF CREATIVITY: A time to join and appreciate your inner hippy nature self. We will be creating spiritual art pieces that celebrate power of being a woman. A different art piece each class. Facilitator: Jewels

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

JOURNALING: A workshop geared towards creating self-expression through art-work and writing. Facilitator: Erica

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

WORLD CULTURE: Discover how women all around the world overcome similar issues. Facilitator: Jolie

Supportive groups

I AM NOT ALONE: A member from Lutheran Community Services Outreach is available third Friday of the month for you to talk with about sexual violence trauma and understand you are not alone in their feelings after sexual trauma.

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

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.