




# Women's Hearth

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



# August

Mon. Tue. Thur. Fri. 8:30 - 4:30  
 Wed. 10:30- 4:30

Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober) @12 Time for being @1:15		Spirituality @11 AA (Big Book @12 Creative Conversations @1	Food Bank sign up @10 Disability Assistance @1 Steps to Employment@10-11	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	No laundry facilities
			1 Wii Games @1 M	2 3 10
6 HeART of Emotions @10 No Time for being @1	7	8 Family Law Clinic @11:30 Sisterhood of Creativity "goddess doll making"@1	9	17
13 HeART of Emotions @10 Responsible Renter Program Money Management @1-3 No Time for being @1	14 Responsible Renter Program Tenant Rights & Responsibilities @1-3	15 Responsible Renter Program Finding a Home @1-3 Sisterhood of Creativity "goddess doll making"@1	16 Wii Games @1 M	17 Health talk @10:15 Lunch with St Clare's@12 Matters of The Hearth to follow
20 HeART of Emotions @10	21	22 Sisterhood of Creativity "goddess doll making"@1	23 Wii Games @1	24
27 HeART of Emotions @10 Birthdays @2	28 No haircuts	29 Sisterhood of Creativity "goddess doll making"@1	30 Chas Outreach @10:15 Wii Games @1 M	31 Community lunch@12 Guest speaker to follow

## 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.

**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.