

Women's Hearth

920 W 2nd Ave (509) 455-4249
 Spokane, WA www.help4women.org
 99201 Mon-Fri 8:30 - 4:30



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober) @12 Time for being @1:15	Crochet Bags@ 1:15	Spirituality @11 AA (Big Book @12	Vocational Specialist @9 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	Hygiene Closet at 10:30 & 2:00	No laundry at this facility
	1	2	3	4
7	Big Bingo @11 8	Student Nurses @10-12 & 1-3 9	10	11
14 Responsible Renter Finding a Home @1-3 HeART of Emotions @10 Sensory Solutions @11:15	15 Karaoke @11 Responsible Renter Tenant Rights & Responsibilities @1-3 Nurse Students @10-12 & 1-3	16 Responsible Renter Money Management @1-3 Nurse Students @10-12 & 1-3	17	18 St. Claire's Lunch @12
21 Hearth is Closed for MLK March meet us At the Hearth to march with us	22 Large Collage Art Class @11 Nurse Students @10-12 & 1-3	23 Nurse Students @10-12 & 1-3 Will Clinic information @1:30 (must register)	24	25 Community lunch@12 Tour Guide Training@10
28 Birthdays @1 Sensory Solutions @11:15	29 Nurse Students @10-12 & 1-3	30 Nurse Students @10-12 & 1-3 Will Clinic @1:30 (must register)	31	

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: 9am-2:30pm Neighborhood Networks Richard Allen Apartments 600 S. Richard Allen Court Meeting room next to apartment manager's office at dead end Free Parking lot | Bus #45

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.

Computer Lab

Times are subject to change

Mon. Closed
Tue. 9:30-1:30
Wed. 12:30-3
Thur. 1-3
Fri. 10-2

Party 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

Class Descriptions

Creative Classes

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

LARGE COLLAGE ART 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

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

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.