

# Women's Hearth

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



# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober) @12 Time for being @1:15 HeART of Emotions @10	Crochet Bags@ 1:15 Nurse Students @10-12 & 1-3	Spirituality @11 AA (Big Book @12 Nurse Students @10-12 & 1-3	Vocational Specialist @9 Food Bank sign up @10 Sewing @12:30 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    Please take care of your space

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Sensory Solutions @11:15    4	Movie Trip "On the Basis of Sex" Sign up, limited seats. Movie at 11am (details on the back)    5	6		7		8		Valentines Card Making for the party on the 14th. @11
Responsible Renter Finding a Home @1-3 Sensory Solutions @11:15    11	Karaoke @11 Responsible Renter Tenant Rights & Responsibilities @1-3    12	Responsible Renter Money Management @1-3    13			14		15	
18	Bingo @11    19	20		21		22		
Birthdays @2    25		Celebrate <b>BLACK HISTORY MONTH</b> @12    26	27		28		28	
				Spa for your mind @2    28				

“On the Basis of Sex “ Movie info:

Ruth Bader Ginsburg is a struggling attorney and new mother who faces adversity and numerous obstacles in her fight for equal rights. When Ruth takes on a groundbreaking tax case with her husband, attorney Martin Ginsburg, she knows it could change the direction of her career and the way the courts view gender discrimination.

### **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

### **Creative Classes**

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

### **Mindful Classes**

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

**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

**SPA FOR YOUR MIND:** a moment to gather and learn ways of relaxing and let all your stress melt away Facilitator: Jewels & Lyndee

### **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 4th Tuesday of every month. Neighborhood Networks 631 S. Richard Allent Court, Room 205 enter by back door on Ivory St. Free Parking Lot/Bus #45

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.