

Women's Hearth

920 W 2nd Ave (509) 455-4249

Spokane, WA www.help4women.org

99201 Everyday 8:30 - 4:30 Wed open at 10:30



September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AA (Living Sober) @ 12 Time for being @ 1:15 Heart of Emotion @ 10	Nurses @ 10-12 (Sarah & Meghan)	Open at 10:30 No breakfast provided Spirituality @ 11 AA (Big Book) @ 12 Nurses @ 1-3 (Sarah & Meghan)	Food Bank sign up @ 10 Disability Assistance @ 1	Knit/Crochet Circle @ 11-12 AA (12x12) @ 12 Movie @ 1	AA @ 12 Art/Mix @ 12:30 Movie @ 1	Yoga @ 12:30 Movie @ 1
				Close at 4:15	Close at 4:15	Close at 4:15
Cleaning up begins at 3:30 everyday. The kitchen and bathroom are closed for cleaning. Staff are cleaning and not able to assist with services during this time.						
Classes listed above are daily every week		Shower sign up at 8:45am	Hygiene Closet at 10:30 and 2:00	No laundry at this facilities	Please clean up after yourself	
Dear Hearth Community						1
Thank you for all of your help and patience. Thank you for your smiles and sing alongs. Thank you for coming and sharing. Thank you for little dance parties. Thank you for coloring beautiful pictures. Thank you for creating art pieces. Thank you for helping clean your space. Thank you for sharing resources such as breakfast and hygiene. Thank you for hugs (8 a day). Thank you for cracking jokes and laughing at ours. Thank you for being you. Thank you for caring for each other. Thank you for participating in classes. Thank you for helping with food bank. Thank you for coming and bringing the magic every day with your presence.						
2 Closing @ 3pm for holiday	3	4 Pedicures @ 1:30	5	6	7	8
9	10 Karaoke @ 10:30	11 Pedicures @ 1:30	12 M	13 M	14	15
16 Responsible Renter Finding a Home @ 1-3	17 Bingo @ 10:30 Responsible Renter Tenant Rights & Responsibilities @ 1-3	18 Pedicures @ 1:30 Responsible Renter Money Management @ 1-3	19	20	21 Luscious lunch provided by ST. Claire's lunch @ 12 Matters of the Hearth @ 12:30	22
23	24 Hearth Closed for staff training	25 Pedicures @ 1:30 Queer Rainbow Connection @ 10:30	26	27 Community lunch provided by Providence Associates @ 12 guest speaker to follow	28	29
30 Birthdays @ 1			M	M		

Helpful/Assistance Classes

Computer Lab offers access to the Internet, Microsoft Office Suite, and limited Printing. The computer lab offers a basic website list to help users get started with job search, housing search, credit reports, and other benefit applications online. ****Times are subject to change****

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

Disability Assistance Lawyers: Free legal assistance with social security and DSHS (state) disability questions, applications and appeals. Offered through disability assistance project.

Food Bank: Every Thursday, sign up starts at 10am. Food bank happens soon after. (please bring bags)
Note: please take cold/frozen food with you asap.

Responsible Renter Program: Bad credit, evictions, and criminal history can make finding a home difficult. Learn about what resources are available at the Responsible Renter Classes. Each class is made up of three sections:

Money/Debt Management: Learn how to improve your methods for managing money and bettering 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 & Responsibility: Learn about the Landlord Tenant Law, evictions, fair housing, accommodation for disabilities, service animals and Renter's Insurance.

Finding Home: Make a plan for finding housing. Learn about rental applications, landlord interviews, screening reports, deposits, fees and leases.

Responsible Renter Program: are taught on the third week of the month at The Women's Hearth and the last Tuesday of the month at 631 S. Richard Allen Ct, RM 205 enter by the back door on Ivory St. Free Parking Lot/Bus #45 from 9am-2:30pm.

Community Building Classes

Birthdays: Come and celebrate life and share your birthday wishes for those who had a birthday this month. You get to 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

Movies: Come vote on many choices of movies relax and watch with your fellow movie enthusiast.

Creative Classes

Knitting/Crochet Circle: Beginners welcome. Some supplies provided. Facilitators: Jean & Debbie

Sewing Class: Get your stitch on. Fabric and sewing machines and irons are available to work with. Beginners are welcomed. Facilitators: Nancy

Art Mix: Find a new creative ways to create every class. Facilitators: Ariel

Mindful Classes

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

Matters of The Hearth: Join us for this monthly gathering to learn and participate in open discussion on a variety of issues and topics that impact how we experience services and programming at the Women's Hearth. Facilitator: Susan

Time for Being: A time to be present to your inner self to understand and honor who you are. Facilitator: Sister Mary Ann O'Mara

Supportive Groups

Heart of Emotions: A workshop to explore healthy ways to express emotion using art. Facilitator: Ruth

A.A./Alcoholics Anonymous: Women supporting women. Membership is open to anyone who wants to address their addiction.

Queer Rainbow Connection: Join this gathering and share support and have a safe place to talk about queer topics. Facilitator: Jewels

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.