



The Women's Hearth

920 W 2nd Ave
 Spokane, WA (509) 455-4249
 99201 www.help4women.org

May 2022

Hygiene Closet
 10:30am & 12:30pm
 Wednesdays: 12pm

Sunday Closed	Monday 9am-1:30pm	Tuesday 9am-1:30pm	Wednesday 10:30am-1:30pm	Thursday 9am-3:30pm	Friday 9am-1:30pm	Saturday Closed
CLOSED SUNDAY This first week hygiene closet will happen at 10:30am and 2pm. 	Women in Recovery: 12 Responsible Renter: Debt & Money Management: 2	Writing Group: 9:30 Computer Lab: 10-12 RR: Tenant Rights & Responsibilities:	HEARTH IS CLOSED THIS DAY 4	HEARTH OPENING LATE AT 11:00 5	Origami: 10 Meditation: 11 Knit & Crochet: 11-1 6	CLOSED 7
Hearth Open 9-3:30 This Week Only (First Week of May)						
CLOSED SUNDAY Hearth schedule changes the second week of May. We will be open 9am-1:30pm 	Zentangle: 10:00 Women in Recovery: 12 9	Writing Group: 9:30 Computer Lab: 10-12 10	Hearth open at 10:30am—Hygiene at 12pm only Art with Sister Kathy: 12 11	Butterfly Art: 10 Meditation: 11 Responsible Renter Full Class (see back) Collage Making: 1 12	Origami: 10 Computer Lab: 10-12 Meditation: 11 Knit & Crochet: 11-1 13	CLOSED 14
CLOSED 15	HEARTH OPEN 8:30-3:30 Women in Recovery: 12 RR: Debt & Money Management: 10:00-11:30 16	Writing Group: 9:30 Computer Lab: 10-12 RR: Tenant Rights & Responsibilities: 1:00 -2:30 17	Hearth open at 10:30am—Hygiene at 12pm only Art with Sister Kathy: 12 18	Meditation: 11 Collage Making: 1 19	Celebration of Life: 10:00 Memorial for the women who have passed away Knit & Crochet: 11-1 20	CLOSED 21
CLOSED 22	Zentangle: 10 Women in Recovery: 12 23	Writing Group: 9:30 Computer Lab: 10-10:50 24	Hearth open at 10:30am—Hygiene at 12pm only Art with Sister Kathy: 12 25	Butterfly Art: 10 Meditation: 11 Responsible Renter Full Class (see back) Collage Making: 1 26	Origami :10 Computer Lab: 10-11 Knit & Crochet: 11-1 <i>Hygiene at 10:30 Only</i> Community Lunch 11-1 27	CLOSED 28
CLOSED 29	CLOSED For Memorial Day 30	Writing Group: 9:30 Computer Lab: 10-12 Birthdays: 12 31				

Be Kind * Be Helpful * Be Respectful

Hygiene Closet: Is the time for you to get the small items you need for hygiene. For COVID safety, please leave space between the person in front of you in line. Please only take what you need. 10:30 & 12:30

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. This course has three sections and you can earn a certificate of completion for each one:

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. With Angel

***Drop-ins welcome for single section classes. Drop in welcome for first section of all day class: Finding a Home from 9-10:30. Pre-registration with Angel required for full day classes (9:00 to 2:30)**

Art with Sister Kathy : Come Doodle a bit with Sr. Kathy

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! With Jewels or Susan

Computer Lab: Use a computer to search for housing, jobs and school. If you want to relax or connect with friends and family, you're welcome to use websites like Facebook and YouTube. We have a printer for work related documents. This is a quiet space with no eating or drinking. If you need help using the computer, we are here for you. With Dani

Collage Making : Come make group and personal collages with Dani

The Women's Hearth will not discriminate on the basis of race, color, sexual orientation, gender identity, religion, national origin, creed, marital status, age, or the presence of any sensory, mental, or physical handicap in the delivery of services.

Knitting /Crocheting Circle: Beginners welcome. Some supplies provided. With Debbie

Women in Recovery: A safe place for women seeking, or in recovery from addiction and mental health challenges where we share what is on our minds and hearts. With Peer Spokane

Writing Group: This is an open, safe space for journaling or creative writing. We'll have the support of being in a group while respecting privacy by writing individually. All supplies will be provided.

Zentangle is a method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. a combination of meditation and art. With Jewels or Ariel

Origami: Learn the art of paper folding. Together we will make a variety of items based on your comfort.

On Wednesday May 4th we will be CLOSED
while Avista installs new lights in the
Hearth! Thank you Avista!

We will open late at 11:00 am on Thursday
May 5th. Thank you for your patience.

Please note some activities have a 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.