



The Women's Hearth

920 W 2nd Ave
 Spokane, WA (509) 455-4249
 99201

www.help4women.org

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	9am-1:30 pm	9am-1:30 pm	10:45am-1:30	9am-3:30 pm	9am-1:30pm	Closed
			Closed ¹	Meditation@11 Collage Making @1 ²	Computer Lab 10-12 Meditation @11 Knit & Crochet@11-1 ³	
⁵	Women in Recovery @12 Meditation/Yoga @11 ⁶	Writing Group @9:30 Computer Lab 10-12 Meditation @11 ⁷	Meditation @11 ⁸	Responsible Renter Full Class 9-2:30 Meditation @11 Collage Making @ 1 ⁹	Computer Lab 10-12 Knit & Crochet@11-1 Zentangle @1 ¹⁰	
¹²	Women in Recovery @12 Responsible Renter Debt & Money Management @1-2:30 ¹³	Writing Group @9:30 Computer Lab 10-12 Meditation @11 Responsible Renter Tenant Rights & Responsibilities @1-2:30 ¹⁴	Origami @1 Meditation @11 ¹⁵	Meditation @11 Responsible Renter (see back) Collage Making @1 ¹⁶	Computer Lab 10-12 Meditation @11 Knit & Crochet@11-1 Collage Making @1 ¹⁷	
¹⁹	Closed Juneteenth ²⁰	Writing Group @9:30 Computer Lab 10-12 Meditation @11 ²¹	Origami @1 Meditation @11 Spring Fling @12 B.I.N.G.O!!! ²²	Responsible Renter (see back) 9-2:30 Collage Making @1 ²³	Knit & Crochet@11-1 Community Lunch Vaccine Clinic ²⁴	
²⁶	Women in Recovery @12 Responsible Renter Debt & Money Management @10-11:30 Meditation/Yoga @11 ²⁷	Writing Group @9:30 Computer Lab 10-10:50 Meditation @11 Responsible Renter Tenant Rights & Responsibilities @1-2:30 Birthdays @2 ²⁸	Origami @1 Meditation @11 ²⁹	Meditation @11 Collage Making @1 ³⁰		

Be Kind * Be Helpful * Be Respectful

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

MUST REGISTER WITH ANGEL BEFORE COMING TO THIS PROGRAM

For full day class. Single Section- Drop ins welcome

Birthday: 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

Career Coach Ted can meet with you one on one to talk about your interest in paid work, volunteer work, internships, training programs, or going to school. If you need help building a resume, applying for jobs, applying to school, preparing for job interviews, or just figuring out what

Computer Lab: Search for housing, jobs and school. If you want to relax or connect with friends and family. We have a printer for work related documents. This If you need help using the computer, we are here for you. With Dani

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



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. With Sarah

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

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

Pop-up Art class: Come be creative with us. You never know where or what but, art classes will spring up randomly throughout the month at the Art Table.

Meditation Class: Join us in taking a break from our busy day and explore how to slow down the mind to relax for a minute in our beginner meditation class. We start with the basics of how to meditate along with a short meditation. For those wanting a little more we will end with a longer meditation. Yoga class: Join us for a 5 minute meditation followed by a longer yoga class. Perfect for those who are new to Yoga and meditation we will focus on beginner classes and yoga basics. With Ariel

WHEN:

Fri., June 24, 2022
11 a.m. - 1 p.m.

APPOINTMENTS:

not required

WHERE:

Transitions - Women's Health
920 W. Second Ave.
Spokane, WA 99201

VACCINES OFFERED:

COVID-19 (Pfizer-BioNTech,*
Moderna, Johnson & Johnson), flu,
hepatitis A and B, HPV, MMR, Tdap

The Women's Health 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.