

# Be Kind \* Be Helpful \* Be Respectful

## **Road To Renting Program:**

Bad credit, evictions, and criminal history can make finding a home difficult. Learn about what resources are available at the Road To Renting 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 Class – Drop ins welcome**

The last full RR class at the end of the month will be taught in the Central Library in Conference Room A, located on the first floor behind the information counter. This class will run from 9-3:00 to allow for settling in and completing registration forms.

**Birthday:** Celebrate all birthdays for the month and connect to the Hearth community. You can have your cake and eat it too! With Maura

**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 or school, preparing for job interviews, or figuring out next steps, he can help.

**Collage Making:** Use your imagination and express yourself through collected words and images. With Dani.

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

**Dance & Healing Movement:** Class begins with a warm-up including stretching, breathing and practicing mindfulness. We then move into specific dance sequences and choreography. Styles vary from Musical Theatre, Hip Hop, and Jazz. Anyone and everyone should get up and dance. Get lost in the music, embrace your individuality and have FUN! With Angela

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

**Meditation Class:** Take a break and slow down the mind 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 end with a longer meditation. On Fridays, we add simple yoga moves to the class. With Ariel

**OT Class:** Visiting occupational therapy students will complete their fieldwork. Description coming soon.

**Piano with Pam:** Thirty minutes of music and a sing-a-long!

**Writing Group:** A welcoming, open space for journaling or creative writing. We'll have the support of being in a group while respecting privacy by writing individually. With Maura

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



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.



# The Women's Hearth

920 W 2<sup>nd</sup> Ave  
 Spokane, WA 99201 (509)  
 455-4249  
[www.help4women.org](http://www.help4women.org)



Monday	Tuesday	Wednesday	Thursday	Friday
9 AM to 1:30 PM	9 AM to 1:30 PM	10:45 AM to 1:30 PM	9 AM to 3:30 PM	9 AM to 1:30 PM
			Piano with Pam @ 10 <b>1</b> Meditation @11 Wear Law @1 Collage Making @1:30	Computer Lab 10-12 <b>2</b> Meditation & Yoga @11 Knit & Crochet@11-1
<b>5</b> <b>CLOSED for Labor Day</b>	OT 9:30 - 11:30 <b>6</b> Computer Lab / Career Coach @10-12 Meditation @ 11	<b>7</b> Meditation @11 OT @11:30 - 1:30	Piano with Pam @10 <b>8</b> Meditation @11 Wear Law @1 Collage Making @ 1:30	<b>9</b> Computer Lab 10-12 Meditation & Yoga @ 11 Knit & Crochet @11-1
<b>12</b> Writing Group @9:30 Women in Recovery @12 Road to Renting: Debt & Money Management @10-11:30	<b>13</b> OT 9:30 -11:30 Computer Lab/Career Coach @10-12 Meditation @ 11 Road to Renting: Tenant Rights & Responsibilities @1-2:30	<b>14</b> Meditation @11 OT @11:30 - 1:30 Dance @12-1	<b>15</b> Piano with Pam @10 Meditation @11 Road To Renting @ 9 - 2:30 Wear Law @1 Collage Making @1:30	<b>16</b> Computer Lab 10-12 <b>Matters of the Hearth @ 10:30</b> Meditation & Yoga @11 Knit & Crochet @11-1 <b>St. Clare's Meal @12</b>
<b>Hearth open til 3:30 PM 19</b> Writing Group @9:30 Women in Recovery @12	<b>20</b> OT 9:30 - 11:30 Computer Lab / Career Coach @10-12 Meditation @ 11	<b>21</b> BINGO @11 OT @11:30 - 1:30 Dance 12-1	<b>22</b> Piano with Pam @10 Meditation@11 Road To Renting - Public Library @9 -3:00 Wear Law @1 Collage Making @1:30	<b>23</b> Computer Lab 10-12 Meditation & Yoga @ 11 Knit & Crochet @11-1
<b>26</b> Writing Group @9:30 Road To Renting: Debt & Money Management @10-11:30 Women in Recovery @ 12	<b>27</b> OT 9:30 - 11:30 Computer Lab / Career Coach 10 -10:50 Meditation @ 11 Birthdays @ 12 Road to Renting: Tenants Rights & Responsibilities @1-2:30	<b>28</b> Meditation @11 OT @11:30 - 1:30 Dance 12-1 Women of Steel Lunch @ 12	<b>29</b> Piano with Pam @10 Meditation @11 Wear Law @1 Collage Making @1:30	<b>30</b> Meditation & Yoga @11 Knit & Crochet@11-1 <b>Community Lunch @ 12</b>