



The Women's Hearth

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

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9 AM to 1:30 PM Hygiene Closet: 10:30 / 12:30	Open 9 AM to 3:30 PM Hygiene Closet: 10:30 / 12:30	Open 11 AM to 1:30 PM Hygiene Closet: 12:30	Open 9 AM to 3:30 PM Hygiene Closet: 10:30 / 12:30	Open 9 AM to 1:30 PM Hygiene Closet: 10:30 / 12:30
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>The Hearth will be OPEN for Saturday March 4, 11, 18, 25 from 10 am– 2pm Hygiene closet will be at 12:30pm only</p> </div>		Storeroom 11:00 1	Piano with Pam 10:00 2 Computer Lab & Career Coach 10-12 Wear Law 1:00	3
6 Writing Group 9:30-10:20 Management 10-11:30	7 Piano with Pam 10:00	8 International Women's Day Craft Project 11:30 Storeroom 11:00 Career Support 11-12	9 Piano with Pam 10:00 Computer Lab & Career Coach 10-12 Wear Law 1:00	10 Meditation 10:00
13 Writing Group 9:30-10:20 Women in Recovery 12-1	14 Piano with Pam 10 Road to Renting @ Sinto Commons 9-3	15 Storeroom 11:00 SNAP ID Help 11-1:30	16 Piano with Pam 10:00 Computer Lab & Career Coach 10-12 Wear Law 1:00 Road to Renting @ WH 9-3	17 <i>St. Patrick's Day!</i> Meditation 10:00 St. Clare's Meal 12:00
20 Writing Group 9:30-10:20 Women in Recovery 12-1	21 Piano with Pam 10:00	22 Storeroom 11:00 Career Support 11-12	23 Piano with Pam 10:00 Computer Lab & Career Coach 10-12 Wear Law 1:00	24 Road to Renting @ WH 9-3 Meditation 10:00 Matters of the Hearth 10:30 BINGO! 11:00
27 Writing Group 9:30-10:20 Women in Recovery 12-1	28 Piano with Pam 10:00 Road to Renting @ Sinto Commons 9-3	29 Storeroom 11:00 SNAP ID Help 11-1:30	30 Piano with Pam 10:00 Computer Lab & Career Coach 10-12 Wear Law 1:00 Road to Renting @ Central Library 9-3	31 Meditation 10:00 Birthdays 11:00

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.

MUST REGISTER WITH ANGEL BEFORE COMING TO THIS PROGRAM

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.

International Women's Day

Mix Medium Community Project starting March 8th and going all month. We need your help to create a piece we will have at The Hearth for many years.

Birthdays: Celebrate all birthdays for the month and connect to the Hearth community. 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 or school, preparing for job interviews, or figuring out next steps, he can help.

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

Meditation Class: Take a break, slow down, and breathe in our beginner meditation class. On Fridays, we add simple yoga moves to the class. With Ariel

SNAP ID Workshop: Lost your ID? Talk to SNAP!

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

Writing Group: Join a visiting instructor from EWU to learn basic creative writing techniques. Free write, follow prompts, study craft, and enjoy growing as writers! With Ryan

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

All clinics held at WOMEN'S HEARTH, TRANSITIONS

Limited walk-in slots available on a first come, first served basis or call Kathy at Transitions, 509-720-4858, to pre-register.

Thursday, February 16, 2023 (9:30-11:30)

Thursday, March 16, 2023 (9:30-11:30)

Thursday, April 20, 2023 (9:30-11:30)

Thursday, May 18, 2023 (9:30-11:30)

Thursday, June 15, 2023 (9:30-11:30)

NO JULY CLINIC

Thursday, August 17, 2023 (9:30-11:30)

Thursday, September 21, 2023 (9:30-11:30)

NO OCTOBER CLINIC

Thursday, November 16, 2023 (9:30-11:30)

FREE RENTAL RIGHTS CLINIC FOR WOMEN

TALK TO A LAWYER ABOUT THE FOLLOWING LEGAL QUESTIONS:

- EVICTIONS
- SECURITY DEPOSIT ISSUES
- REPAIRS
- RIGHT OF ENTRY
- ABANDONMENT
- REASONABLE ACCOMODATIONS
- PEST INFESTATION (BED BUGS)
- PAST EVICTIONS (ORDERS OF LIMITED DISSEMINATION)
- OTHER LANDLORD-TENANT ISSUES

Sponsored by Northwest Justice Project

For legal assistance on other issues, call CLEAR Hotline at 1-888-201-1014

Telephone interpreters will be provided on request.

DATES ARE SUBJECT TO CHANGE: call for updates.

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.