



The Women's Hearth

920 W 2nd Ave
(509) 455-4249

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9 AM to 1:30 PM Hygiene 12:30	Open 9 AM to 3:30 PM Hygiene 12:30	Open 11 AM to 3:30 PM Hygiene 12:30	Open 9 AM to 3:30 PM Hygiene 12:30	Open 9 AM to 1:30 PM Hygiene 10:30
		Sewing Class 11:30 ¹ Meditation 11:30 Indigenous Talks 12 Crochet 1-3	Phone Help 10am ² Piano with Pam 10:00 Wear Law 1:00	Knitting 12 ³ Writing Class 12:15
Writing Group ⁶ 9:30-10:20 Women in Recovery 12-1	Job Club 11-12 ⁷ Computer lab 12-2 Sisterhood of the Traveling Craft 12-1 Vaccine Clinic 11-12:30	Meditation 11:30 ⁸ Crochet 1-3	Piano with Pam 10:00 ⁹ Wear Law 1:00	Hearth closed Happy Veteran's Day ¹⁰
Writing Group ¹³ 9:30-10:20 Women in Recovery 12-1	Job Club 11-12 ¹⁴ Computer lab 12-2 Road to Renting Sinto 9-3	Sewing Class 11:30 ¹⁵ Meditation 11:30 Crochet 1-3	Rental Rights Clinic 9:30-11 ¹⁶ Piano with Pam 10:00 Wear Law 1:00 Road to Renting Class 9-3 Hearth	Birthdays 11:00 ¹⁷ Matters of the Hearth 11:30 St. Clare's Meal 12:00 DSHS Mobile Van 11-1 Writing Class 12:15 Knitting 12
Hope House Monday ²⁰ Open 8-1:30 Writing Group 9:30-10:20 Women in Recovery 12-1	Job Club 11-12 ²¹ Computer lab 12-2 Sisterhood of the Traveling Craft 12-1	Meditation 11:30 ²² BINGO 12 Crochet 1-3	Hearth Closed ²³ Happy Thanksgiving	Hearth Closed ²⁴ Happy Thanksgiving
Writing Group ²⁷ 9:30-10:20 Women in Recovery 12-1	Job Club 11-12 ²⁸ Computer lab 12-2 Road to Renting Sinto 9-3	Meditation 11:30 ²⁹ Crochet 1-3	Piano with Pam 10:00 ³⁰ Wear Law 1:00 Road to Renting Class 9-3 Downtown Library	

Be Kind * Be Helpful * Be Respectful

Women's Hearth 920 West 2nd Ave Spokane, WA 99201 (509)455-4249 www.help4women.org

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

Walking Labyrinth: A walking labyrinth is used for meditation all over the world. A single walking path to the center of a painted labyrinth for silent meditation.

WaFed Financial Literacy Class: Come learn about banking, job searching, the interview process and so much more, plus great snacks

Community Drum Circle: Located in the large group room following Bingo. Come make music with us!

Goddess Gathering: A time to celebrate Sisterhood through the expression of art. We will gather with open minds and hearts to create art. All skill levels welcomed. With Jewels.

Phone Help: do you have questions about how to use your phone? Bring those questions to Ciara for help every other Wednesday at 11:30.

Sisterhood of the Traveling Craft: Join Skylar every other Tuesday from 12-1pm for community and crafting at the art table.

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

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

Writing Groups: Learn basic creative writing techniques. Free write, follow prompts, study craft, and enjoy growing as writers! Mondays and Fridays

Yoga Class: Unwind and rejuvenate the one body you get to care for with this very gentle and beginner level yoga class, if you need to remain seated that is ok.

Meditation Class: Take a break, slow down, and breathe in our beginner meditation class.

New Classes!

Indigenous Talks

Join us to talk and share our connections, with Emma.

Knit and Crochet Return!

Join our new crochet/knit group every Wednesday from 1-3. Self-led knit and crochet time with materials provided.

Friday Writing Class

Join our newest writing group every Friday from 12:15-1:30 with Delaney.

Road To Renting Program:

Bad credit, evictions and criminal history can make finding a home difficult. Learn ways to secure and maintain a home through the Road To Renting course. This course has three sections and is taught over one day with scheduled breaks. You receive a certificate of completion for each section. Be prepared to pay for parking. We provide light refreshments.

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

Tenant's/ Rights & Responsibility Learn about the Landlord Tenant Law, evictions, fair housing, accommodation for disabilities, service animals and renter's insurance.

Money/Debt Management Learn how to improve your methods for managing money and improving your credit. Receive information on budgeting, banking, and borrowing. Find out how to get a free credit report and make a debt reduction plan.