



The Women's Hearth

920 W 2nd Ave
(509) 455-4249

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9 AM to 1:30 PM Hygiene 10:30	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 3:30 PM Hygiene 10:30
Writing Group 1 9:30-10:20 Women in Recovery 12-1	Meditation 11-12 2 Sisterhood of the Traveling Craft 1-2	Body Neutrality 11:30- 3 12:30 Computer Lab 1-2:30 Job Club 1-2	Meditation 11-12 4 Piano with Pam 10-11 Wear Law 1-3	Computer Lab 5 1-2:30 Knit/Crochet 1-2:30
Writing Group 8 9:30-10:20 Women in Recovery 12-1	Meditation 10-10:30 9 Indigenous Talks 11-12 Sisterhood of the Traveling Craft 1-2	Body Neutrality 11:30-12:30 10 Art with Jewels 12:30-1:30 Computer Lab 1-2:30 Job Club 1-2	Road to Renting 9-3 Hearth 11 Meditation 11-12 Piano with Pam 10-11 Wear Law 1-3	Computer Lab 12 1-2:30 Knit/Crochet 1-2:30
Open 8-1:30 15 Writing Group 9:30-10:20 Women in Recovery 12-1	Road to Renting 16 (Sinto 9-3) Meditation 11-12 Sisterhood of the Traveling Craft 1-2	17 Bingo 12:00	Rental Rights Clinic 9:30 18 Road to Renting 9-3 Library Piano with Pam 10-11 Meditation 11-12 Wear Law 1-3	Matters of the Hearth 19 11:00 St Clare's Meal 12:00 Knit/Crochet 1-2:30
22 Writing Group 9:30-10:20 Women in Recovery 12-1	Road to Renting 23 (Sinto 9-3) Meditation 11-12 Sisterhood of the Traveling Craft 1-2	24 Body Neutrality 11:30-12:30 Art with Jewels 12:30-1:30 Computer Lab 1-2:30 Job Club 1-2	Piano with Pam 10-11 25 Meditation 11-12 Wear Law 1-3 Birthdays 11	Community Lunch 26 12 Community Speaker 12:30 Knit/Crochet 1-2:30
29 Writing Group 9:30-10:20 Women in Recovery 12-1	Meditation 11-12 30 Indigenous Talks 11-12 Sisterhood of the Traveling Craft 1-2			

Be Kind * Be Helpful * Be Respectful

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

Body Neutrality Class

A group for non-straight sized women and non-binary people. We will discuss what we'd like to do in the group when we meet.

Knit and Crochet

Join our group every Wednesday and Friday from 1-3. Self-led knit and crochet time with materials provided. Sorry, no Instructor provided.

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

Indigenous Talks

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

Wear Law: Rosemary Wear is a Social Security lawyer that comes with her amazing staff every Thursday from 1-3 to the Hearth to help people apply for Social Security and disability. Please call Wear law at (509)252-5053 for more information.

Matters of the Hearth: Join us in conversation about how we create beloved community at the Hearth and how we can improve how we do it.

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

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

Rental Rights Clinic:

Talk to a lawyer and get answers to the following legal questions: evictions, security deposit issues, repairs, right of entry, abandonment, reasonable accommodations, bed bugs/pest infestations, and other landlord-tenant issues. Limit of 6 people: some walk-in slots available, first come, first-served, or contact Kathy at the Hearth to pre-register. Sponsored by Northwest Justice Project.

All clinics are for women only and held at the Women's Hearth

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

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.