



# The Women's Hearth

920 W 2<sup>nd</sup> Ave  
(509) 455-4249

# August 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
			1 Piano with Pam 10-11 Wear Law 1-3	2 Knit/Crochet 1-2:30
5 Meditation 10-11 Women in Recovery 12-1	6 Road to Renting 9-3 Sinto Meditation 10-11 Sisterhood of the Traveling Craft 11-12	7 Computer Lab/Job Club 1-2	8 Road to Renting 9-3 Hearth Piano with Pam 10-11 Wear Law 1-3 <u>Wear Law Ice Cream day</u>	9 Knit/Crochet 1-2:30 Plant Care 12-1
12 Meditation 10-11 Women in Recovery 12-1	13 Meditation 10-11 Sisterhood of the Traveling Craft 11-12 Indigenous Talks 1-2	14 Computer Lab/Job Club 1-2	15 Renters Rights Clinic 9am Piano with Pam 10-11 Wear Law 1-3	16 <u>Close Early</u> <u>@ 12:00</u>
19 <u>Open 8 am</u> Meditation 10-11 Women in Recovery 12-1	20 Road to Renting 9-3 Sinto Meditation 10-11 Sisterhood of the Traveling Craft 11-12	21 Open Mic/Karaoke 1-3	22 Road to Renting 9-3 Library Piano with Pam 10-11 Wear Law 1-3	23 <u>Community Lunch/Speaker</u> <u>12:00</u> <u>DSHS Mobile Van 11</u> Knit/Crochet 1-2:30
26 Meditation 10-11 Women in Recovery 12-1	27 Meditation 10-11 Sisterhood of the Traveling Craft 11-12	28 Computer Lab/Job Club 1-2	29 Piano with Pam 10-11 Wear Law 1-3	30 <u>Birthdays 11</u> <u>Matters of the</u> <u>Hearth 12</u>

# Be Kind \* Be Helpful \* Be Respectful

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

**Sisterhood of the Traveling Craft:** Join Skylar for community and crafting at the art table.

## **Body Neutrality Class**

A group for non-straight sized women and non-binary people.

## **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.

**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.

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 disabilities in the delivery of services.

## **Hearth's Mission Statement**

*The Women's Hearth, a program of Transitions, is a safe welcoming community that promotes growth and well-being of body, mind, and spirit for women, trans-women, and non-binary individuals, all with diverse backgrounds. The Hearth fosters nurturing relationships, encourages self-determination, and advocates for change in systems which oppress women, trans-women, and non-binary individuals.*

## **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.