



# The Women's Hearth

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

# July 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
Meditation 10-11 <b>1</b> Women in Recovery 12-1	Meditation 10-11 <b>2</b> Sisterhood of the Traveling Craft 1-2	Computer Lab <b>3</b> 1-2:30 Job Club 1-2	<b>Happy 4th Hearth Closed</b> <b>4</b>	Knit/Crochet 1-2:30 <b>5</b>
Meditation 10-11 <b>8</b> Women in Recovery 12-1	Meditation 10-11 <b>9</b> Sisterhood of the Traveling Craft 1-2	Computer Lab <b>10</b> 1-2:30 Job Club 1-2	<b>Road to Renting 9-3</b> <b>11</b> <b>Hearth</b> Piano with Pam 10-11 Wear Law 1-3	<b>Birthdays! 12</b> <b>12</b> Plant Care 1-2 Knit/Crochet 1-2:30
<b>Open 8:00-1:30</b> <b>15</b> 10-11 Women in Recovery 12-1	Meditation 10-11 <b>16</b> Sisterhood of the Traveling Craft 1-2 Indigenous Talks 11-12	Computer Lab <b>17</b> 1-2:30 Job Club 1-2	<b>Road to Renting</b> <b>18</b> <b>9-3 Library</b> Piano with Pam 10-11 Wear Law 1-3	<b>Matters of the Hearth</b> <b>19</b> <b>11:00</b> <b>St Clare's Meal 12:00</b> Knit/Crochet 1-2:30
Meditation 10-11 <b>22</b> Women in Recovery 12-1	<b>Road to Renting</b> <b>23</b> <b>(Sinto 9-3)</b> Meditation 10-11 Sisterhood of the Traveling Craft 1-2	<b>Bingo</b> <b>24</b> <b>12:00</b>	Piano with Pam 10-11 <b>25</b> Wear Law 1-3	<b>Community Lunch</b> <b>26</b> <b>12:00</b> <b>Community Speaker</b> <b>12:30</b> Knit/Crochet 1-2:30
Meditation 10-11 <b>29</b> Women in Recovery 12-1	Meditation 10-11 <b>30</b> 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](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.

## **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.