



# The Women's Hearth

920 West 2nd Ave. Spokane WA 99201 phone: (509) 455-4249 fax: (509)456-3531

# September 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
<b>2</b> <u>Hearth Closed</u> <u>Happy Labor Day</u>	<b>3</b> Meditation 9:30-10:30 Sisterhood of the Traveling Craft 11-12	<b>4</b> Computer Lab 1-2	<b>5</b> Meditation 9:30-10:30 Piano with Pam 10-11 Wear Law 1-3	<b>6</b> Event Planning Group 12-1 <u>First Friday Open Mic</u> <u>1:00</u>
<b>9</b> Meditation 9:30-10:30 Indigenous Talks 11-12 Women in Recovery 12-1	<b>10</b> <u>Road to Renting</u> <u>9-3 Sinto</u> Meditation 9:30-10:30 Sisterhood of the Traveling Craft 11-12	<b>11</b> Body Neutrality Class 11 Computer Lab 1-2	<b>12</b> <u>Road to Renting</u> <u>9-3 Hearth</u> Meditation 9:30-10:30 Piano with Pam 10-11 Wear Law 1-3	<b>13</b> Plant Care 11-12 <u>Birthdays 12</u> Knit/Crochet 1-2:30
<b>16</b> <u>Open 8 am</u> Meditation 9:30-10:30 Women in Recovery 12-1	<b>17</b> Meditation 9:30-10:30 Sisterhood of the Traveling Craft 11-12	<b>18</b> Computer Lab 1-2	<b>19</b> <u>Rental Rights Clinic 9:30</u> Meditation 9:30-10:30 Piano with Pam 10-11 Wear Law 1-3	<b>20</b> <u>Matters of the Hearth 11:00</u> <u>St Clare's Lunch</u> <u>12:00</u>
<b>23</b> Meditation 9:30-10:30 Women in Recovery 12-1	<b>24</b> <u>Road to Renting</u> <u>9-3 Sinto</u> Meditation 9:30-10:30 Sisterhood of the Traveling Craft 11-12	<b>25</b> Computer Lab 1-2	<b>26</b> <u>Road to Renting</u> <u>9-3 Library</u> Meditation 9:30-10:30 Piano with Pam 10-11 Wear Law 1-3	<b>27</b> <u>Community Lunch/Speaker</u> <u>12:00</u> Knit/Crochet 1-2:30
<b>30</b> Meditation 9:30-10:30 Women in Recovery 12-1				

# 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.