



# The Women's Hearth

920 West 2nd Ave. Spokane WA 99201 phone: (509) 455-4249 fax: (509)456-3531 www.help4women.org

# November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9 AM to 1:30 PM Hygiene 11:00	Open 9 AM to 3:30 PM Hygiene 11:00	Open 11 AM to 3:30 PM Hygiene 11:00	Open 9 AM to 3:30 PM Hygiene 11:00	Open 9 AM to 3:30 PM Hygiene 11:00
				1 Event Planning Group 1-2 <u>Voting Party 12</u>
4 Meditation 10 Women in Recovery 12-1	5 Meditation 10 Sisterhood of the Traveling Craft 12-1	6 Sewing 12 Cooking Class 12-2	7 Meditation 10 Piano with Pam 10-11 Plant Care class 1-2 Wear Law 1-3	8 <u>Birthdays12</u> Knit/Crochet 1-2:30
11 <b>Hearth Closed</b> Veterans Day	12 Sisterhood of the Traveling Craft 12-1 Indigenous Talks 11:30-12	13 Sewing 12 Body Neutrality 1	14 Meditation 10 Piano with Pam 10-11 Plant Care class 1-2 Wear Law 1-3	15 <u>Matters of the Hearth 11:00</u> <u>St Clare's Lunch 12:00</u> <u>DSHS Mobile Team 10-1</u>
18 <u>Open 8 am</u> Meditation 10 Women in Recovery 12-1	19 Sisterhood of the Traveling Craft 12-1	20 Sewing 12 <u>Bingo 12</u> Journaling Group 2-3	21 <u>Rental Rights Clinic 9:30</u> Piano with Pam 10-11 Wear Law 1-3	22 <u>Community Lunch/Speaker</u> <u>12:00</u> Knit/Crochet 1-2:30
25 Meditation 10 Women in Recovery 12-1	26 Meditation 10 Sisterhood of the Traveling Craft 12-1	27 <u>Open Mic 12-1</u>	28 <b>Hearth Closed</b> Thanksgiving	29 <b>Hearth Closed</b>

# 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.

Email Angela at [aamos@help4women.org](mailto:aamos@help4women.org) for more information.

## **Hygiene Closet Changes**

Hygiene closet time has moved to 11 am Monday-Friday. We will open hygiene closet at 11:00am and keep it open as long as there are people in line. Come in for any basic hygiene needs.

## **Cooking Class**

Join us each Wednesday at 12:00 for a basic cooking class. This class is taught by our EWU Occupational Therapy Students. Come learn to make delicious meals using common ingredients handed out at food banks. Class participants are expected to help clean up after class has ended.