



The Women's Hearth

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

February 2025

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
<u>Every Monday</u> Women in Recovery 12-1	<u>Every Tuesday</u> Meditation 9:30 Sisterhood of the Traveling Craft 12-1	<u>Every Wednesday</u> Sewing 12	<u>Every Thursday</u> Meditation 9:30 Piano with Pam 10-11 Wear Law 1-3	<u>Every Friday</u> Knit/Crochet 2-3
3	4	5	6	7 <u>Birthdays 12</u> Event Planning 1pm
10 Meditation 9:30	11 Indigenous Talks 1-2	12 Decorate the Hearth 1-2	13	14 <u>Galentines Day</u> <u>Party 12-2</u>
17 <u>Open 8 am</u> Meditation 9:30	18	19 <u>Open Mic 1-2</u>	20	21 <u>Matters of The Hearth</u> 10 <u>St Clare's Lunch</u> <u>12:00</u>
24 Meditation 9:30	25	26	27 Road to Renting: Downtown Library 9-3	28 <u>Community Lunch</u> <u>12:00</u>

Be Kind * Be Helpful * Be Respectful

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Sisterhood of the Traveling Craft: Join Skylar for community and crafting at the art table. Each week there is a fun project to work on or use the supplies for a project of your own.

Sewing

Join us every Wednesday starting at 11:30 to learn sewing skills from the talented seamstress Patt. You can bring your own project ideas or work from the pre-planned pattern.

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

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.

Indigenous Talks

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

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!

Meditation Class: Take a break, slow down, and breathe in our beginner meditation class. One minute of square breathing followed by a 10-25 minute guided meditation.

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. Be prepared to pay for parking. We provide light refreshments.

Finding a Home Make a plan for finding housing. Learn about rental applications, landlords interviews, screening reports, deposits, fees, and leases.

Tenant's Rights and 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.