



# The Women's Hearth

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

# April 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
	Meditation 9:30 <b>1</b> Intro Dance Cardio 10a Sisterhood of the Traveling Craft 12	Sewing 11:30 <b>2</b> Budgeting Class 12	Meditation 9:30 <b>3</b> Piano with Pam 10-11 Wear Law 1-3	<b>4</b> <b>Movie Day</b>
<b>7</b> Women in Recovery 12-1	<b>8</b> Meditation 9:30 Indigenous Talks 1 Road to Renting Library 9-3	<b>9</b> Event Planning 1pm	<b>10</b> Meditation 9:30 Piano with Pam 10-11 Wear Law 1-3 Road to Renting Hearth 9-3	<b>11</b> <b><u>Bra Fitting 12</u></b>
<b>14</b> Women in Recovery 12-1	<b>15</b> Intro Dance Cardio 10 Sisterhood of the Traveling Craft 12-1	<b>16</b> Budgeting Class 12	<b>17</b> Piano with Pam 10-11 Wear Law 1-3	<b>18</b> <b><u>Matters of The Hearth</u></b> <b><u>10</u></b> <b><u>St Clare's Lunch</u></b> <b><u>12:00</u></b>
<b>21</b> <b><u>Open 8 am</u></b> Women in Recovery 12-1	<b>22</b> <b><u>Earth Day</u></b> Sisterhood of the Traveling Craft 12-1 Road to Renting Library 9-3	<b>23</b> <b>Birthdays 12pm</b>	<b>24</b> Piano with Pam 10-11 Wear Law 1-3 Road to Renting: Downtown Library 9-3	<b>25</b> <b><u>Community Lunch</u></b> <b><u>12:00</u></b> <b><u>Community Speaker</u></b>
<b>28</b> Women in Recovery 12-1	<b>29</b> Meditation 9:30 Intro Dance Cardio 10 Sisterhood of the Traveling Craft 12-1	<b>30</b> <b>Lunch 12:30</b> Provided by Participant Advisory Committee		

# 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 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!

**Budgeting Class:** Alyssa from Canopy Credit Union will be offering a basics of budgeting class every other Wednesday at 12:00

**Beginner Cardio Dance:** Don't worry about being able to "get the moves down", the goal is movement and fun. Join us every other Tuesday for this new 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. 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.