




Women's Hearth

920 W 2nd Ave
 Spokane, WA 99201
 (509) 455-4249
www.help4women.org



January

M-F 8:30-5

Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober) @12 Time for being @ 1 Creative Conversations@12	Health Talks @11:30	Spirituality @11 AA (Big Book @12 Exploring Healing @1-2:30	Food Bank sign up @10 Fun Facts @10:15 Sewing @12:30 Disability Assistance @1	Knit/Crochet Circle @11-12 AA (12x12) @12 Movie @1:00
Thanks for joining us for another beautiful year!!!				
Classes listed above are available every week			Hygiene Closet @10:30 & 2:00	
Closed for Holiday	2	3	4	Labyrinth @9 5 Journaling @10 Wire jewelry 1-3
HeART of Emotions @10 8	9 Bingo @11:00 Plastic Tote Bags@1:15	10 Sisterhood of Creativity @ 12	11 Steps to Employment 9-11	12 Drum Class@9 Journaling @10 Wire jewelry 1-3
Join us for the MLK March The Hearth will be closed	16 Going to see the movie "Wonder" sign up previously World Cultures @11:00 Plastic Tote Bags@1:15	17 Sisterhood of Creativity @ 12	18 Steps to Employment 9-11	19 Labyrinth @9 Journaling @10 Matters of The Hearth@12:45 Lunch with St Clare's
22 HeART of Emotions @10 Money Management @1-3	23 World Cultures @11:00 Tenant Rights @1-3 Plastic Tote Bags@1:15	24 Finding a Home @1-3 Sisterhood of Creativity @ 12	25 Steps to Employment 9-11	26 Drum Class@9 Community Lunch
29 HeART of Emotions @10 Birthdays @2	30 World Cultures @11:00 Plastic Tote Bags@1:15	31 Sisterhood of Creativity @ 12	Here's what happens when I don't forgive. 	You'll learn to let things go.  

Class Descriptions

Please note some activities have sign up list at the greeter's desk an hour before the activity. Due to the popularity of some groups & limited space available spots may be raffled.

Fun Classes

BIRTHDAYS: Come and celebrate and share your birthday wishes for those who had a birthday this month. You can have your cake and eat it too! Facilitator: Jewels

KARAOKE/COFFEE HOUSE: Have a story, poem, joke, or song to share? Our open mic is where you should be! Come share your talent with us! Facilitator: Kathy & Jewels

SING ALONG: come sing along with everyone while Val plays guitar. Music sheets will be provided. Facilitator: Val

DRUM CIRCLE: Express yourself through drumming. Facilitator: Jolie

Creative Classes

KNITTING /CROCHETING CIRCLE: Beginners welcome. Some supplies provided. Facilitators: Jean & Debbie

SISTERHOOD OF CREATIVITY: A time to join and appreciate your inner hippy nature self. We will be creating spiritual art pieces that celebrate power of being a woman. A different art piece each class. Facilitator: Jewels

Mindful Classes

CREATIVE CONVERSATION: Coloring reduces anxiety and stress. Come color your way to happiness while conversing and supporting each other in the process. Facilitator: Lori

JOURNALING: A workshop geared towards creating self-expression through art-work and writing. Facilitator: Erica

SPIRITUALITY: Share and receive support for individual spiritual paths. Facilitator: Joyce

LABYRINTH: Meditation walking, tracing, or coloring to calm the body mind & spirit.

WORLD CULTURE: Discover how women all around the world overcome similar issues.

Supportive groups

EXPLORING HEALING :A member from Lutheran Community Services Outreach is available each week for you to talk with about sexual violence trauma. Facilitator: Brigitte

HEART OF OUR EMOTIONS: A workshop to explore healthy ways to express emotion using art. Facilitator: Jolie

A.A. / ALCOHOLICS ANONYMOUS: Meeting days and times listed on front of calendar. Open group for women.

Helpful/Assistance Classes

STEPS TO EMPLOYMENT: A step by step approach to helping you gain employment including: writing a resume, preparing for an interview, finding interview clothing, applying effectively for jobs, and utilizing community employment resources. Facilitator: Brenda

DISABILITY ASSISTANCE: Free legal assistance with social security and DSHS (state) disability questions, applications and appeals. Offered through disability assistance project.

Responsible Renter Program

Are you looking for a place to live? Do you have bad credit? Do you have evictions on your record? Are you ready for a change?



MONEY/DEBT MANAGEMENT: Come learn how to improve your methods for managing your money and better your credit. Receive information on budgeting, banking and borrowing. Find out how to get a free credit report and make a debt reduction plan. This class takes place on the second and third Monday of each month. Facilitator: Mary Lou



TENANT'S RIGHTS & RESPONSIBILITIES: Learn about the Landlord/Tenant Law, evictions, fair housing, accommodation for disabilities, service animals and Renter's Insurance. This class takes place on the second and third Tuesday of each month. Facilitator: Mary Lou



FINDING A HOME: Make a plan for finding housing. Learn about rental applications, landlord interviews, screening reports, deposits, fees and leases. This class takes place on the second and third Wednesday of each month. Facilitator: Mary Lou