











# Women's Hearth

920 W 2<sup>nd</sup> Ave  
 Spokane, WA 99201  
 (509) 455-4249  
[www.help4women.org](http://www.help4women.org)



Monday	Tuesday	Wednesday	Thursday	Friday
AA (Living Sober ) @12 Time for being @1 Creative Conversations @12	Student Nurses @10-11 & 11-3	Spirituality @11 AA (Big Book @12 Understanding, I am not alone @1-2 Creative Writing @2:30 Student Nurse @10:30-12:30 & 1-3	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
Classes listed above are daily every week		Shower sign up at 8:45 am M-F	Hygiene Closet at 10:30 & 2:00 M-F	No laundry facilities
		 		
5 HeART of Emotions @10	6 1 Billion@ 10:30 World Cultures @11 Health Talks @11:30  Plastic Tote Bags @1:15 Pedicure @10:15	7 Zumba @1:30	8 Steps to Employment @9-11 1 Billion Rising Practice @ 1	9 Valentine Card Making @10 Journaling @10 Sisterhood of Creativity @1:30
12 HeART of Emotions @10	13 1 Billion Rising Practice @10 Plastic Tote Bags @1:15 Bingo @10:30 Health Talk @11:30	14 Family Law Clinic @11:30  Join us and 1 Billion Women and dance "Break the Chain" practice @2. Event at the Riverside Mall @4	15 Steps to Employment @9-11 Wii Games @1	16 Meditation @9 Journaling @10 Lunch with St Clare's@12 Matters of The Hearth to follow Sisterhood of Creativity @1:30
19 HeART of Emotions @10 Money Management @1-3 Karaoke @1:30	20 World Cultures @11:00 Tenant Rights @1-3 Plastic Tote Bags @1:15	21 Finding a Home @1-3 Health Talks @1:30	22 Steps to Employment @9-11 Wii Games @1	23 Meditation@9 Community Lunch@12 Guest Speaker to follow Sisterhood of Creativity @1:30
26 HeART of Emotions @10 Birthdays @2	27 World Cultures @11:00 Plastic Tote Bags @1:15	28    		

## 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

**LABRYRINTH:** Meditation walking, tracing, or coloring to calm the body mind & spirit. Facilitator: Jolie

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

### **Supportive groups**

**UNDERSTANDING, I AM NOT ALONE:** A member from Lutheran Community Services Outreach is available each week for you to talk with about sexual violence trauma. Many have heard of the #METOO movement and others like it taking society by storm. The #METOO movement is a way for people to disclose they have been victims and survivors of some form of sexual assault. The sexual assault spectrum is a vast umbrella of terms for people making others feel uncomfortable from victimization (victim blaming), degradation (cat-calls or groping), removal of autonomy (sexual coercion), and all the way to explicit violence (rape). In the "Understanding, I am not alone" group, we create a support system for women to come together and meet others in their community who have been through similar sexual related trauma. In this safe environment participants can learn about the sexual assault spectrum, receive support and empathy, build coping skills, and understand they are not alone in their feelings after sexual trauma.

**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.

**TENANT'S RIGHTS & RESPONSIBILITIES:** Learn about the Landlord/Tenant Law, evictions, fair housing, accommodation for disabilities, service animals and Renter's Insurance.

**FINDING A HOME:** Make a plan for finding housing. Learn about rental applications, landlord interviews, screening reports, deposits, fees and leases.