

# Women's Hearth

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



The month of **May**  
 Mon. Tue. Thur. Fri. 8:30 - 4:30  
 Wed. 10:30- 4:30

Monday		Tuesday		Wednesday		Thursday		Friday	
AA (Living Sober ) @12 Nutrition Class @12:30 Time for being @1 Creative Conversations @12		Plastic Tote Bags @1:15		Spirituality @11 AA (Big Book @12		Food Bank sign up @10 Fun Facts @10:15 Sewing @12:30 Disability Assistance @1 Creative Writing @2		Journaling @10 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			No laundry facilities	
		1		2		3		4	
				Nutrition Class @1:30		Wii Games @1			
						M			
7		8		9		10		11	
HeART of Emotions @10		Karaoke @11:00 Keli Jo Memorial @2		Nutrition Class @1:30 Sisterhood of Creativity "Self reflective goddess doll" @2		Wii Games @1			
14		15		16		17		18	
HeART of Emotions @10		Bingo @11		Nutrition Class @1:30 Sisterhood of Creativity "Self reflective goddess doll" @2		Wii Games @1		Health talk @10:15 I'm not alone@11 Lunch with St Clare's@12 Matters of The Hearth to follow	
21		22		23		24		25	
HeART of Emotions @10 Responsible Renter Program Money Management @1-3 Birthdays @2		Responsible Renter Program Tenant Rights & Responsibilities @1-3		Responsible Renter Program Finding a Home @1-3 Sisterhood of Creativity "Self reflective goddess doll" @2				Community Lunch@12 Dj Dance Party To follow	
28		29		30		31		M	
Closed Memorial Day				Sisterhood of Creativity "Self reflective goddess doll" @2				YOUR BODY IS YOUR OWN. 	
						M			

## 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

### ***Creative Classes***

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

### ***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 artwork and writing. Facilitator: Erica

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

**SISTERHOOD OF CREATIVITY "SELF GODDESS DOLL"** We will be creating a self reflective goddess doll with fabrics and paper clay, paint, glitter, jewels, and pieces from nature. Facilitator: Jewels

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

### ***Supportive groups***

#### **LUTHERAN COMMUNITY SERVICES NORTHWEST LCSNW OUTREACH:**

The third Friday of every month a sexual assault & crime victim advocate will be at Women's Hearth to discuss LCSNW services. The advocacy team is a group who can help those who have been affected by any kind of crime no matter their personal history. The types of advocacy include general, medical, and legal advocacy. This is a time for individuals to ask questions and find out how an ad-

vocate may be able to assist them with protection orders, education about trauma, and provide extra support after 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***

**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.