








Women's Hearth

920 W 2nd Ave (509) 455-4249
 Spokane, WA www.help4women.org
 99201 Everyday 8:30 - 4:30



March

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AA (Living Sober) @12 Time for being @1:15 Heart of Emotion@10 Student Nurses 9-3	Crochet Bags@ 1:15 Student Nurses @10-12 & 1-3	Spirituality @11 AA (Big Book @12 Student Nurses @10-12 & 1-3	Vocational Specialist @9 Food Bank sign up @10 Sewing 12:30 Disability Assistance @1 Wii Games @1	SNAP@11 Knit/Crochet Circle @11-12 AA (12x12) @12 Movie @1	Movie @1	Movie @1
Classes listed above are daily every week		Shower sign up at 8:45am	Hygiene Closet at 10:30 & 2 :00	No laundry at this facilities	Please clean up after yourself	
				1	2	3
					<p>NOW OPEN ON WEEKENDS</p>  <p>8:30 - 4:30</p>	
4	<p>Mardi Gras</p> 	6	Poetry Class@ 2-3 7	<p>Family Law Clinic 11:30</p> <p>International Women's Day</p> 	9	10
11	<p>Bingo@11</p> <p>Responsible Renter Tenant Rights & Responsibilities @1-3 Nurse Students 10-12 & 1-3</p>	<p>Responsible Renter Money Management @1-3 Nurse Students 10-12 & 1-3</p>	Poetry Class@ 2-3 14	<p>St. Claire's Lunch @12</p> 	16	<p>St Patrick's Day</p> 
18	19	20	Poetry Class@ 2-3 21	22	23	24
Bottle Bowling @12	Karaoke @11					
25	<p>Planetarium Class @11</p> 	27	28	<p>Community lunch@12</p> 	30	
Birthdays @1						

Computer Lab

Times are subject to change

Mon. Closed
Tue. 9:30-1:30
Wed. 12:30-3
Thur. 1-3
Fri. 10-2

Party 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

Class Descriptions

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

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

MATTERS OF THE HEARTH: This is the time to express yourself and give us feedback about things you like or want to change at Women's Hearth. Facilitator: Susan

The Women's Hearth will not discriminate on the basis of race, color, sexual orientation, religion, national origin, creed, marital status, age, or the presence of any sensory, mental, or physical handicap in the delivery of services.

Supportive groups

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

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.

SNAP: Learn about SNAP services and different housing options

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.

RESPONSIBLE RENTER PROGRAM: 9am-2:30pm 631 S. Richard Allen Court, Room 205 enter by back door on Ivory st. Free Parking lot/ Bus #45

FAMILY LAW CLINIC: A chance to review paperwork and have questions answered for simple divorces and parenting plans in cases where Child Protective Services is not involved. **Must complete intact in advance - call Kathy at the Hearth, 509-455-4249.** Sponsored by the Spokane County Bar Association Volunteer Lawyers Program (VLP) and FLASH, the combined VLP/Gonzaga University Law School program.

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.