




# Women's Hearth

920 W 2<sup>nd</sup> Ave (509) 455-4249  
 Spokane, WA www.help4women.org  
 99201 Everyday 8:30 - 4:30 Wed open at 10:30



# May 2019

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday                                       | Sunday                            |
|--|--|--|---|---|--|-----------------------------------|
| AA (Living Sober ) @12<br>Time for being @1:15<br>Heart of Emotion@10<br>Student Nurses 9-3  | Crochet Bags@ 1:15<br>Water Bottle Bowling @2  | <b>OPEN @10:30</b><br>No breakfast provided<br><br>Spirituality @11<br>AA (Big Book @12                | Vocational Specialist @9<br>Food Bank sign up @10<br>Sewing 12:30<br>Disability Assistance @1<br>Wii Games @1 | SNAP@11<br>Knit/Crochet Circle @11-12<br>AA (12x12) @12<br>Movie @1   | Recreation Activities @10<br>AA@12<br>Movie @1 | Movie @1<br>Art with Ariel @10:30 |
| Cleaning up begins at <b>3:30</b> every day. The kitchen and bathroom are closed for cleaning. Staff are cleaning and not able to assist with services during this time. |  |  |   |   |  |                                   |
| 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<br>Creative Corner@2-3<br>(Poetry & Collage)   | 2   | 3   | 4  | 5                                 |
| 6  | 7<br>Labyrinth @12   | 8<br>Creative Corner@2-3<br>(Poetry & Collage)   | 9   | 10  | 11   | 12                                |
| 13   | 14<br>Bingo@11<br>Labyrinth @12  | 15<br><b>Closed<br/>for<br/>Staff training</b>   | 16  | 17<br>St. Claire's Lunch @12<br>Matters of the Hearth<br><br> | 18   | 19                                |
| 20<br>Responsible Renter<br>Finding a Home @1-3  | 21<br>Karaoke @10:30<br>Responsible Renter<br>Tenant Rights & Respon-<br>sibilities @1-3 | 22<br>Responsible Renter<br>Money Management<br>@1-3<br><br>Creative Corner @2-3<br>(Poetry & Collage) | 23  | 24  | 25   | 26                                |
| 27<br><br>Birthdays @2   | 28<br><br>Labyrinth @12  | 29<br>Art day @12  | 30  | 31<br>Community lunch@12<br><br>                             |  |                                   |

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.



### **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

**ROMANTIC COMEDY PAJAMA DAY**: Come in you pajamas and enjoy yummys and watch romantic comedy movies.

### **Creative Classes**

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

**THERAPEUTIC REC** Classes and Activities with Recreation Therapist students.

### **Mindful Classes**

**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

### **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

