



# The Women's Hearth

# July 2026

920 West 2nd Ave. Spokane WA 99201 phone: (509) 455-4249 fax: (509)456-3531 www.help4women.org

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9 AM to 1:30 PM Hygiene 11:00	Open 9 AM to 3:30 PM Hygiene 11:00	Open 11 AM to 3:30 PM Hygiene 11:00	Open 9 AM to 3:30 PM Hygiene 11:00	Open 9 AM to 3:30 PM Hygiene 11:00
		1 Sewing with Patt 12	2 Boutique 1-3 Wear Law 1-3	3 <b>Hearth Closed</b> <b>Happy 4th of July</b> <b>weekend</b>
6 Art Class 10-11	7 Street Med 10 Sisterhood of the Traveling Craft 12-1 Vocational Services 12:30- 2:30	8 Sewing with Patt 12 <b>Field Trip #1 Gondola</b> <b>Ride</b>	9 Boutique 1-3 Wear Law 1-3	10 Street Med 10 <b>Matters Of the Hearth</b> <b>10:30</b> Event Planning 10-11
13 The Healing Wing 12-1	14 Street Med 10 Sisterhood of the Traveling Craft 12-1 Vocational Services 12:30- 2:30	15 Sewing with Patt 12	16 Boutique 1-3 Wear Law 1-3	17 <b>Community Lunch 12</b> Street Med 10
20 Art Class 10-11	21 Street Med 10 Sisterhood of the Traveling Craft 12-1 Vocational Services 12:30- 2:30	22 Sewing with Patt 12	23 Boutique 1-3 Wear Law 1-3	24 Street Med 10 <b>Field Trip #2</b> <b>AMC Movies</b>
27 The Healing Wing 12-1 <b>Birthdays 12</b>	28 Street Med 10 <b>Sisterhood of the</b> <b>Traveling Craft Tie-Dye</b> <b>12</b> Vocational Services 12:30- 2:30	29 Sewing with Patt 12	30 Boutique 1-3 Wear Law 1-3	31 <b>Hearth Closed</b>

# Be Kind \* Be Helpful \* Be Respectful

Women's Hearth 920 West 2nd Ave Spokane, WA 99201 (509)455-4249 [www.help4women.org](http://www.help4women.org)

**Vocational Services:** Join Mary Tuesdays 12:30-2:30 for a for assistance with employment or school. Please ask at the front desk for more information.

**Art Class:** Join us on Monday from 10-11 for a guided art class with Barbra.

**The Healing Wing:** Grief support group. A supportive and welcoming space to share, reflect, and process thoughts and feelings in the wake of a loss of a loved one. Lead by Madds.

**Sisterhood of the Traveling Craft:** Join Skylar for community and crafting at the art table. Each week there is a fun project to work on or use the supplies for a project of your own.

**Street Med:** CHAS street med team will be here every Tuesday and Friday morning. Ask staff at the front desk for details.

**Planner Making:** come learn how to turn a basic notebook into the planner of your dreams with Ariel. All supplies provided in the class.

**Sewing:** Join us some Wednesdays starting at 11:30 to learn sewing skills from the talented seamstress Patt. You can bring your own project ideas or work from the pre-planned pattern.

## **Wear Law:**

Rosemary Wear is a Social Security lawyer that comes with her amazing staff every Thursday from 1-3 to help people apply for Social Security and disability.

Please call Wear law at (509)252-5053 for more information.

**Matters of the Hearth:** Join us in conversation about how we create beloved community at the Hearth and how we can improve how we do it.

**Birthdays:** Celebrate all birthdays for the month and connect to the Hearth community.

## **Hearth's Mission Statement**

*The Women's Hearth, a program of Transitions, is a safe welcoming community that promotes growth and well-being of body, mind, and spirit for women, trans-women, and non-binary individuals, all with diverse backgrounds. The Hearth fosters nurturing relationships, encourages self-determination, and advocates for change in systems which oppress women, trans-women, and non-binary individuals.*

## **How to ask for household or large items.**

This is exclusively for participants to request and receive household or camping items.

Household items include drinking cups, towels, sheets, hangers, and similar.

Camping items include flashlights, sleeping bags, re-usable water bottles, and similar.

At check-in, please ask for a request form. Fill this form out and give it to staff during any hygiene closet time.

Every week we send our requests to the main office and will receive what we have in stock the following week. If we have your requested item in stock we will leave a note on the message board when it comes in. If you have any questions please talk to staff.