



The Women's Hearth

**June
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 The Healing Wing 12-1	2 SRHD Testing 10-12 Street Med 10 Planner Making 12-1	3 Storeroom Hygiene 11 Sewing with Patt 12 <u>Bingo 12:30-2</u>	4 Boutique 12-3 Wear Law 1-3	5 Street Med 10
8 Art Class 10-11	9 Street Med 10 Journaling class 12-1 Vocational Services 12:30-2:30	10 Sewing with Patt 12	11 Boutique 12-3 Wear Law 1-3	12 Street Med 10 Event Planning 10 <u>Matters Of The Hearth 10</u>
15 The Healing Wing 12-1	16 Street Med 10 Sisterhood of the Traveling Craft 12-1 Vocational Services 12:30-	17 Sewing with Patt 12	18 Boutique 12-3 Wear Law 1-3	19 <u>Hearth Closed</u> <u>Happy Juneteenth!</u>
22 Art Class 10-11	23 Street Med 10 Sisterhood of the Traveling Craft 12-1 Vocational Services 12:30-2:30	24 Sewing with Patt 12 <u>Field Trip #1</u>	25 Boutique 12-3 Wear Law 1-3	26 Street Med 10 <u>Field Trip #2</u>
29 The Healing Wing 12-1 Event Planning 10-11 <u>Birthdays 12</u>	30 Street Med 10 Sisterhood of the Traveling Craft 12-1 Vocational Services 12:30-2:30			

Be Kind * Be Helpful * Be Respectful

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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.

Storeroom Hygiene Closet

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, participants are given a request sheet of what we may have available. All items are donations and subject to change.

The storeroom hygiene will be open on the 1st and 3rd Wednesday from 11-11:45am