

# DAY & NIGHT

WOMEN'S HEARTH AND HOPE HOUSE



## The Day Shift: Transitions' Women's Hearth

Originally the Women's Drop-In Center, the Women's Hearth was founded by a Holy Names Sister living in recovery who walked the streets of downtown Spokane and asked women what they needed to live safely. From these interviews the Women's Hearth unique services were designed in 1991. The 2018 operating deficit for the Women's Hearth is \$132,000; the cost to provide support services for a woman for a year is \$350.

**BASIC NEEDS SERVICE CENTER**  
The Women's Hearth creates a safe space for women who have experienced trauma and homelessness by offering a "hearth" of welcome, respect and community. Participants do not need to "qualify" for our services, which are provided with a focus on building community and connecting women to mainstream resources. We offer access to showers, phones, hygiene items, and a weekly food bank. Staff meet each woman where she is at on her path to stability by providing crisis intervention and access to legal services, housing, health care and mental health services.

**COMMUNITY CENTER**  
In addition to meeting basic needs, the Women's Hearth also provides access to community building activities. Art classes, independent living skills, Coffee House Karaoke, Knit and Crochet Circles and more resources help women connect with each other and build peer support networks. There is also a focus on health topics including living with chronic health conditions, nutrition, and chemical dependency recovery groups. This unique continuum of services provides women with the tangible skills they need to stabilize and succeed.

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## The Night Shift: Volunteers of America's Hope House

Originally known as the Downtown Women's Shelter, Hope House was founded in response to the 1997 serial murders of women on the streets of Spokane. Designed to offer women protection from violence, Hope House is dedicated to making a significant difference in the lives of women experiencing homelessness. Operated by Volunteers of America since 2001, it has a 2018 operating deficit of \$150,000. The cost to provide a night of shelter for a woman is \$37.41.

**EMERGENCY SHELTER**  
There are more than 1,800 homeless single women in Spokane, many with mental health or chemical dependency issues—all with nowhere to go. Named for the refuge it provides, Hope House offers safety from the dangerous streets to any woman regardless of her mental health status, chemical dependency issue or lifestyle. Hope House offers an environment of dignity, respect and compassion that honors the intrinsic value and unique experience of every woman. Thirty-six shelter beds are available each night. Each woman receives personal care including: nutritious food, a hot shower, clean dry clothing, hygiene items, a warm bed, onsite case management, resource information and referrals to community resources.

**PERMANENT SUPPORTIVE HOUSING**  
Hope House also offers 25 apartments for low-income women who are ready to leave the streets. These safe, affordable apartments offer women committed to working on the causes of their homelessness a supportive transition to living on their own. This residential program also includes individualized case management and opportunities for permanent housing.

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