

[Donate Now](#)

# heart heart

bi-monthly e-news from Heart Havens



## Your Support Makes a Real Difference

Dear \*{{Name}}\* ,

You're creating a brighter future for people with a developmental disability. Here's a snapshot of your impact and the latest updates:



## Halloween Party with Shady Grove Youth

The central Virginia Heart Havens home residents joined together at the Tate home in Ashland to party together with Shady Grove United Methodist youth around Halloween themed crafts, a lunch of pizza and wings, and games like bingo.

Heart Havens residents love to celebrate. It was a great time to come together for an afternoon with new and old friends!





## Smith Mountain Lake Wildlife Cruise

Thanks to a grant from the Greater Lynchburg Community Foundation, the Lynchburg residents went on a nature cruise on the *Virginia Dare* on Smith Mountain Lake. This was just one of several activities they were able to participate in thanks to the grant that provided community-based activities promoting inclusion, learning and overall well-being.



## Mary Beth Graff Guys Visit Virginia Beach

Thomas, Chris and Barry traveled from Richmond to Virginia Beach for a day of exploring the boardwalk, visiting some historical markers, eating dinner and shopping for souvenirs. .





## Local Event Spotlights

5th ANNUAL



# WALK N ROLL

Presented by **fas mart** & Sponsored by **QTS**

**FREE ACCESSIBLE COMMUNITY EVENT**

**Nov 9 | 1-3PM | FOUNTAIN LAKE**

**FOOD TRUCK, FREE SWAG, INFLATABLES, PETTING ZOO, PONY RIDES, GAMES, AND MORE**

[FCVAWALKNROLL.COM](http://FCVAWALKNROLL.COM)



**16TH ANNUAL**

**TIDEWATER AUTISM SUMMIT**

**Saturday November 8, 2025**

**11:00 AM - 2:00 PM**

**YMCAs Camp Grom**

**1181 Prosperity Road**

**Va. Beach, VA 23451**

**Hosted by  
Virginia Autism Foundation**

In conjunction with

Autism Society Tidewater Virginia (TASA)

Families of Autism Coming Together (FACT)

Title Sponsor:

**Plan Bee Academy**



**Free admission for all and a free toy for each child!**

Petting Zoo, inflatable play area, grants for Project Lifesaver Bracelets, FACT Summer camp and KelsKids swim lessons provided by the Virginia Autism Foundation



For more information or to preregister:  
[Mark@VirginiaAutismFoundation.com](mailto:Mark@VirginiaAutismFoundation.com)  
[Melanie@VirginiaAutismFoundation.com](mailto:Melanie@VirginiaAutismFoundation.com)

[virginiaautismfoundation.com](http://virginiaautismfoundation.com)



**Save the Date**

Smile - only one month until

GIVING  
TUESDAY

Tuesday, December 3



**Our Contact Information**

Heart Havens, Inc.

\*{{Organization Address}}\*

804-237-6097

[hearthavens.org](http://hearthavens.org)



You are being sent this email because you are a subscriber.

If you wish to update your Email Preferences or Unsubscribe, click \*{{Unsubscribe}}\*