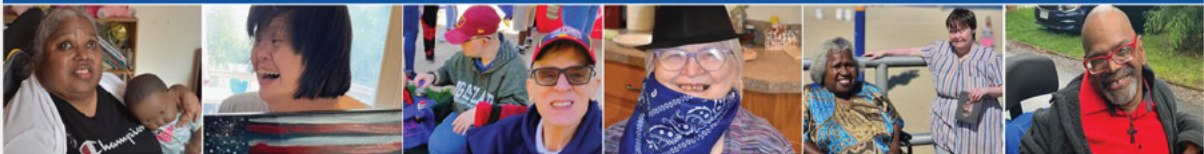


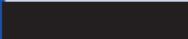
[Donate Now](#)

# heart heart

bi-monthly e-news from Heart Havens



## Your Support Makes a Real Difference

Dear ,

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

## Small Treats, Big Smiles



Jason, Direct Service Professional (DSP) Leroy, Michael and Cesar from the Meadowbrook house in Glen Allen were all smiles at a visit to Sweet Frog for a sweet treat, custom made with their favorite flavors and toppings.



## Snow Day

The residents at Lynchburg worked together to make a warm and cozy treat on a snow day. They made homemade apple turnovers.

Want to make your own?  
Check out this recipe for [Easy Apple Turnovers](#).



## **Thank you for Giving to the Resident Christmas Fund!**

Each fall Heart Havens begins raising money for the Resident Christmas Fund. Thanks to donations to this fund, residents each receive presents under the Christmas tree.

Presents are specially selected by the staff that know them best and range from practical items like bodywash to fun surprises. Thank you for brightening their holiday!

## **Local Event Spotlights**

# 12<sup>th</sup> Education & Transition Conference

March 14<sup>th</sup>, 2026



**Keynote Speaker  
David Egan**

The 2026 Disability Education & Transition Conference in Richmond, VA will engage educators, families, and professionals across Virginia with the knowledge, strategies, and connections needed to support individuals with intellectual and/or developmental disabilities in their educational journeys and beyond—fostering inclusive, lifelong pathways toward independence and belonging.

Heart Havens will be there as a table sponsor. Learn more and [register to attend](#).

## Heart Havens Month





## Schedule your speaker today!

Heart Havens Month is February in the VAUMC

February in the Virginia Conference of the United Methodist Church kicks off Heart Havens Month!

This year, Heart Havens is raising funds to open a new group home for men with developmental disabilities in Virginia Beach.

Founded in partnership with the United Methodist Church, Heart Haven is now a Virginia Conference Advance Special mission and we do not receive apportionments, relying on donations as a nonprofit to fulfill our mission.

To celebrate this special month, we have developed resources to spread our mission of empowerment through Virginia. Click the button below for bulletin inserts, video links, worship and communication resources, social media posts, mission ideas, supply drive lists and more. Need something you don't see listed? Feel free to contact us at [sara.becker@hearthavens.org](mailto:sara.becker@hearthavens.org).

Would you like to schedule a visit from a Heart Havens virtual or in-person speaker? Fill out [this form](#) or click the button below and someone from our office

will contact you. Heart Havens depends on your support to continue serving our community and adults with disabilities.

[Request a Speaker](#)

[More Resources](#)

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