## How to Support:




- Volunteer to sew, knit, crochet, assemble kits, sort materials, or help at the workshop.
- Donate materials — we always need #4 (worsted weight) acrylic yarn and fun 100% cotton fabrics for children.
- Make a monetary donation. Please send to our mailing address.
- Donate needed items from our Amazon Wish List.
- Join a rewards program, such as Kroger Community Rewards, that donates to a nonprofit of your choice while you shop.




Revised: Sept. 2026




*"When a family is in medical crisis, small comforts like a warm blanket or soft stuffed animal can make all the difference - and it's even more impactful when it comes made with love!*

*Each month, From the Heart Stitchers donates high-quality knitted, crocheted, and sewn items to Ronald McDonald House Richmond. These beautiful handmade items are distributed to our program spaces to families in medical crisis throughout the Greater Richmond Region. Thank you to From the Heart Stitchers for helping us offer cuddly comforts to our families!"*
— **Facebook post from Ronald McDonald House Richmond**

*"I just wanted to personally write and say thank you. My husband is a new dialysis patient. He is still getting used to everything. As you know it is very cold during their treatments and can be uncomfortable.*



*Last week one of the technicians provided him with your products to help keep his hands and arm warm. This truly has made a difference for him, and he was so touched. He keeps it in his bag to use all the time.*

*Thank you for your thoughtfulness and the time that you selflessly give making these products. You truly are angels and thank you for blessing others with such a small gesture that makes an impact."— **JoAnn B.***

*"Thank you to all of the amazing stitchers. My daughter received a pillowcase on Monday while at VCU for surgery. She absolutely loves it and has been using it every night. It definitely helped to lift spirits of a nervous child. Thank You so much!" — **Cynthia H.***

# From the Heart




## Location and Hours:

**1114 Westbriar Drive, Henrico, VA**
**Open Tuesday, Wednesday, Thursday, and Saturday**
**10 a.m. - 2 p.m.**
**Mailing Address:**
**P.O. Box 29582, Henrico, VA 23242**

## Contact Information:

**Website:**

**www.fromtheheartstitchers.org**

**Facebook:**

**www.facebook.com/FromtheHeartStitchers**

**Email:**

**fromtheheartstitchers@gmail.com**

## Who We Are:



**From the Heart is a community-based volunteer organization**

- Established in Spring 2001
- Incorporated as a 501(c)(3) nonprofit in July 2005
- More than 2,000 volunteers, primarily from Virginia

## Our Mission:

Serve our community by preserving and promoting fiber arts, creating a spirit of fellowship and love among our volunteers and board members, and producing handmade items which bring comfort, love and solace to others.

## Our Volunteers in Action:

- Knit, crochet, and sew blankets, hats, scarves, baby items, comfort items, and more.
- Create items for specific needs, including cancer patients, premature babies, hospice patients, veterans, children, and individuals experiencing homelessness.
- Sort, package, and deliver thousands of handmade items to organizations throughout Central Virginia.
- Share their skills by teaching and encouraging new crafters and community groups.
- Respond to changing needs by creating special projects requested by our recipient organizations.

**Together, we donate more than 3,000 handmade items each month to organizations in need.**

## Recipient Organizations:



- Hospitals
- Cancer Centers
- Neonatal intensive care units (NICUs)
- Diaper Banks
- Military and Veterans
- Food Pantries
- Memory Care Units
- Homeless Shelters
- Hospices
- Dialysis Facilities
- Animal Shelters and Rescue Organizations
- Special Relief Projects as Needed
- **And so many more!**

*Sent with love...*
*From the Heart*



Our community came together to collect more than 600 Soap Sacks for our neighbors experiencing homelessness. (Soap Sack—a small knitted or crocheted cotton pouch that holds a bar of soap and can be used as a wash-cloth.)

## The Heart of Our Community:

- Our volunteers who freely give their time and talents to help others.
- Organizations and businesses that provide financial donations, supplies, volunteers, or services.
- Schools and youth groups that create handmade items or conduct service projects.
- Churches and civic organizations that collect yarn, fabric, stuffing, or new handmade items.
- Community groups and clubs that hold crafting events or donation drives.
- Local individuals and families who donate money, materials, or their time.
- Recipient organizations that partner with From the Heart to identify community needs and distribute the handmade gifts.



Adorable baby socks and booties collected during our Baby Sock/Booty Drive.



Handcrafted fidget mats and mitts feature a variety of textures and activities designed to engage the senses and provide comfort for individuals living with dementia.