

Fall 2024 Event Schedule

CharmCityRun[®] Sale Night



September 19th, 5-7PM

*Charm City Run Frederick Store
925 W 7th St., Frederick, MD 21701*

Join us in-store from 5-7pm to shop for your Walk a Mile 2024 walking shoes! While you browse, there will be drinks, appetizers, and the opportunity to meet special guest Jillian, representative from Brooks Running Shoes. Now is the time to refresh your walking shoes, as 20% of sale proceeds will go to Heartly House! RSVP for FREE for the sale using the QR code.



CharmCityRun[®] EVENTS

the sole of the city



September 23rd, 6:00 AM

*Rekurs every Monday (6AM)
and Saturday (7AM) thereafter*

We're teaming up with Charm City Run to help you prepare for Walk a Mile. Lace up your sneakers and join our supportive training group. Enjoy expert guidance and a community of like-minded people as you build your endurance. Whether you're a seasoned runner, a casual walker, or somewhere in between, we welcome you! Training kicks off on Monday, September 23rd at 6PM, and runs every Monday (6AM) and Saturday (7AM) thereafter; sign-up today!



Survivor[📢] Speak Out

October 2nd, 6:00-7:30 PM

*Middletown Public Library
31 E Green St, Middletown, MD 21769*

Join us as we Speak Out against power-based violence. Heartly House's courageous Survivor Speakers will engage in a discussion panel to answer common questions about survivor experiences and how to support individuals going through abuse. The speakers will also discuss how to prevent abuse before it occurs. We can all play a role in ending power-based violence; come learn how to be an ally and empower survivors in our community.



Sacred Spaces:

**Engaging the Faith Community
to End Domestic Violence**

October 5th, 10:00 AM

*Wayman AME Church
9940 Liberty Rd., Frederick, MD 21701*

Join us for an inspiring event focused on ending domestic violence. This year, the community advisory board wishes to engage the faith community, leaders, community partners, and local government to create a platform for change and healing regarding IPV. Sacred Spaces will be a casual meet-and-greet fellowship that includes presentations from local agencies who serve victims of interpersonal violence, followed by a roundtable discussion.



Power-Based Violence Panel Discussion

October 10th, 2:00-3:15 PM

FCC, Jack B. Kussmaul Theater
7932 Opossumtown Pike,
Frederick, MD 21702

Learn by Listening. Heartly House believes the best way to bring awareness about power-based violence is to listen to the people who have experienced it. Join us and our Survivor Speakers for a panel discussion as they share their stories to bring awareness and hope to Frederick Community College students and the greater Frederick community.



cocktails & carbs

A WALK A MILE IN THEIR SHOES Event

October 18th, 6:00 PM

Delaplaine Arts Center
40 S Carroll St, Frederick, MD 21701

Uncork the fun and fuel your spirit at Cocktails & Carbs! This prelude to the iconic Walk a Mile in Their Shoes event is your ticket to a night of delicious drinks, crave-worthy eats, and making a difference. Let's raise a glass to a cause that empowers survivors and benefits the community of Frederick County. Purchase your tickets and learn how to become an event sponsor on our website, today!



WALK A MILE IN THEIR SHOES

October 19th, 10:00 AM

Baker Park Bandshell
21 N Bentz St, Frederick, MD 21701

Join the movement to end power-based violence! Lace up your shoes and hit the pavement for the annual Walk a Mile in Their Shoes. This year, we're celebrating Heartly House's incredible 45-year journey of empowering survivors and transforming our community. Let's come together to honor our past, celebrate our present, and build a brighter future. Together, we can create a world free from intimate partner violence. Register for FREE on our website.



Heartly House, Inc. Lunch & Learn

October 31st, 12:30 PM

ZOOM Webinar
jenniferm@heartlyhouse.org

Intimate Partner Violence (IPV), also commonly known as domestic violence or dating abuse, is when a partner or former partner maintains power and control over the other person using a pattern of inappropriate and manipulative behaviors. These behaviors can relate to physical, verbal, emotional, digital, sexual, stalking, and/or financial abuse. Join our staff for lunch on October 31st to learn more about how you can help end IPV.



Learn more at heartlyhouse.org
or follow us on socials @heartlyhouse



Heartly House, Inc. **Fall 2024 Event Schedule**

Learn more at heartlyhouse.org
 or follow us on socials @heartlyhouse



SEPTEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 CharmCityRun Solo Night	20	21
22	23 CharmCityRun EVENTS	24	25	26	27	28 CharmCityRun EVENTS
29	30 CharmCityRun EVENTS					CharmCityRun EVENTS

OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	CharmCityRun EVENTS	1	2 Survivor Speak Out	3	4	5 CharmCityRun EVENTS <i>Sacred Spaces</i>
6	7 CharmCityRun EVENTS	8	9	10 Power-Based Violence Panel Discussion	11	12 CharmCityRun EVENTS
13	14 CharmCityRun EVENTS	15	16	17	18 cocktails & carbs <small>A WALK A MILE IN THEIR SHOES EVENT</small>	19 Heartly House - WALK A MILE IN THEIR SHOES
20	21	22	23	24	25	26
27	28	29	30	31 Heartly House, Inc. Lunch & Learn		