



MOMENTS OF IMPACT

How our friends, partners and supporters can make a difference in the local community through Northern Virginia Family Service

Inspiring And Engaging Every Generation Through Village of Impact

New NVFS giving program offers families an opportunity to promote community engagement and empower every generation to transform our community.

NORTHERN VIRGINIA FAMILY SERVICE (NVFS) is committed to providing all Northern Virginians with a better village in which to raise our families. This starts with committed, informed people who raise and support the next generation of engaged community leaders.

NVFS is thrilled to announce the launch of the Village of Impact. Village of Impact provides Northern Virginia families with meaningful opportunities to: engage in service together, learn about critical local needs, and generate funds for NVFS. NVFS will coordinate quarterly service projects for families and feature issue-area speakers who address parents and/or children on the needs of the region and how families can help.

"The biggest driver in creating the Village of Impact has been wanting to find **a place where our entire family could connect and engage in a meaningful way**, and educating ourselves on the issues that impact our region," shares founding member Kourtney Whitehead. Key components include extending volunteerism to all generations and being thoughtful about issues such as homelessness and what they mean in Northern Virginia.

"NVFS has such a strong umbrella of entities to support both the volun-

teering and the educational components we were interested in," adds fellow founding member Julie Simmons. "That's a unique, all-encompassing factor that we didn't find anywhere else. **And NVFS has such a great pulse on the community as a whole.**"

Village of Impact membership is open to all families and individuals looking to make a difference in their local community. Service projects will be tailored to allow all ages (even the littlest members) to participate in volunteering.

For more information, visit nvfs.org/village-of-impact.

2016-17 Village of Impact Events

October 2016: Kickoff Picnic

December 2016: Service Project
(Focus: Homelessness & Hunger)

March 2017: Service Project
(Focus: Immigration)

June 2017: Service Project
(Focus: Workforce Development)

August 2017: Service Project
(Focus: Education/Back to School)

October 2017: Service Project
(Focus: Health)

Our Community. Our Impact.

Every day, our team of devoted staff, dedicated volunteers and ever-expanding partners work together to bring hope and opportunity to families in need. Every year, we help more than 30,000 individuals move forward on their path to independence. And since 1924, we have prided ourselves in our collaborative, innovative and pioneering efforts to break the cycle of poverty for hundreds of thousands of individuals and families in our region.

It takes all of us working together to achieve this impact, and to create a thriving community in which everyone prospers and reaches their fullest potential.

Thank you to our...

- Volunteers who advocate
- Village of Impact members who inspire
- CARE Award winners who lead
- Donors who bolster our mission
- Businesses, civic and faith organizations, government and nonprofits who partner with us

As the NVFS Village grows, our collective impact deepens. We are so grateful for your support.

Stephanie

Stephanie Berkowitz

President & CEO
Northern Virginia
Family Service



1 in 15 Northern Virginians Is At Risk For Hunger

HELP LOCAL FAMILIES FACING FOOD INSECURITY

Northern Virginia Family Service (NVFS) operates anti-hunger programs to not only supply local families with emergency food assistance and connect them with important benefits, but also provide essential nutritional and budgeting information to help them make the best choices with the options they have available to them.

Operations include an 8,000-plus square-foot Hunger Resource Center in Manassas, Supplemental Nutrition Assistance Program (SNAP) outreach program, and nutritional education programs in the greater Prince William area. The Hunger Resource Center receives and distributes approximately 1.7 million pounds of food to about 8,000 unique individuals each year, or around 600-700 families per month.

"My family and I thank you from the bottom of our hearts for your unconditional caring and kindness in these trying times. Every time I go to your food closet and get food for my family, I am so grateful that I want to put my arms around each and every one of you there!"

— Hunger Resource Center client

You can help support these families as well. In addition to food donation dropoffs at the Hunger Resource Center (nvfs.org/hrcdonations) or monetary donations, volunteers are always needed. Top needs include:

- Food recovery drivers to collect donations from Manassas-area grocery stores/restaurants and deliver them to our Hunger Resource Center
- Bilingual food assistance client intake specialists to greet and process clients seeking food assistance

For more opportunities, visit nvfs.org/volunteernow.

NVFS also hosts special events such as Empty Bowls (nvfs.org/empty-bowls) and Operation Turkey (nvfs.org/operationturkey), which take place each fall, to support the SERVE campus and greater Prince William families. We appreciate your support of NVFS and hope to see you at a future event!

OPERATION TURKEY

Hunger knows no season, including the holidays. Just \$50 provides a complete holiday meal to a family of four.

We will be collecting donations for this year's Operation Turkey on Nov. 12, 17 and 18, and packing meals Nov. 16–20. Support local families by donating food, funds or time this November.

Suggested Food Items:

canned vegetables ♦ stuffing ♦ gravy
♦ cranberry sauce ♦ canned sweet potatoes ♦ cornbread/muffin mix ♦ canned pumpkin ♦ canned potatoes ♦ Bisquick ♦ canned fruit/applesauce ♦ rice ♦ soup ♦ pasta and sauces ♦ coffee/tea/cocoa ♦ boxed desserts ♦ Jello/pudding ♦ peanut butter/jelly ♦ sugar ♦ flour

Learn more at nvfs.org/OperationTurkey



EMPTY BOWLS

THURSDAY,
OCT. 13

[NVFS.ORG/EMPTY-BOWLS](https://nvfs.org/empty-bowls)

A BENEFIT FOR SERVE





A Family on the Road to Recovery

Respite care provides critical support for a traumatized young boy and works to reunite him with his father.

PARKER HAS NOT HAD AN EASY LIFE. The county determined that he would be safer with another relative as his primary placement after his mother was arrested for drug use at the hotel in which they were living, and placed into the custody of paternal relatives. Although he was placed into the custody of family members, he needed Northern Virginia Family Service's respite care services to help him cope with his extensive trauma history and coinciding mental health issues as a result of his exposure to drugs.

Parker's treatment team and his relatives worked together for a little more than a year to make sure Parker had ample assistance, while also

providing his relatives with the opportunity for self-care and expanded support system to help them meet Parker's needs. Meanwhile, his father was completing his college degree so that he could be better equipped to raise and support his son.

Shortly after graduation, his father received a job offer nearby that would allow him to become more involved in Parker's life. Parker's therapist and psychiatrist are now working to reintroduce father and son, and in the next year or two, transition care over to him. Although the process will not happen quickly, the end result of a reunited family provides the promise of a happier, brighter future for Parker.

Concerts For a Cause

Dec. 1, 2016

Jammin Java

227 Maple Ave E, Vienna, VA 22180

Show doors open: 6 p.m.

Show starts: 7:30 p.m.

Tickets: \$20

Join us for a MUSIC MAKES LIFE BETTER show at Jammin Java with Mama's Black Sheep, Christine Havrilla and Naked Blue! Net proceeds of this show benefit Northern Virginia Family Service. Concertgoers can participate in a 50/50 fundraising raffle and bring much-needed cleaning supplies and paper products (such as Lysol wipes, toilet paper, all-purpose liquid cleaner, dish soap, floor cleaner and bleach) to be entered into a drawing for great prizes, including artist merchandise and gift cards.

Full menu and table service is available during this all-ages show. Doors to the lobby bar open at 5 p.m., doors to the show open at 6 p.m., and the show starts at 7:30 p.m.

To learn more and purchase tickets, visit jamminjava.com.

Spring 2017

SERVE Campus

10056 Dean Dr., Manassas, VA 20110

Details to be announced soon

Enjoy a spring evening at our SERVE campus, and listen to the musical stylings of local favorite Big Tow. We are excited to host community members of all ages at our facility and support local families in need.

CARE Awards to Celebrate 16 Great Places to Work

NVFS' CARE Awards recognize companies that offer outstanding employee engagement and culture, progressive family-friendly policies and deep community impact.

IN THE EARLY 1990S, NVFS

STAFF began to notice an alarming increase in the number of clients whose work-related issues were exacerbating difficult family situations. NVFS staff and board members began to explore how NVFS could help change the work climate to relieve work-related stress on families.

NVFS enlisted the support of the business community in creating the CARE Advisory Committee, which established the annual CARE Awards program with four primary goals:

1. **To recognize Northern Virginia companies** who are leaders in providing family-friendly benefits and policies that help their employees meet the challenges of balancing work and life
2. **To encourage companies to institute family-friendly programs** by exposing them to ideas and thoughtful discussions with business leaders who have already embraced such policies
3. **To strengthen families** by promoting family-friendly policies among businesses
4. **To build awareness and support** among the business community of NVFS programs.

Save the Date

Nov. 18, 2016

Falls Church
Marriott Fairview Park

7:30-9:30 a.m.

**To purchase tickets or sponsor
the event, visit [nvfs.org/
CareAwards](http://nvfs.org/CareAwards).**



2015 CARE Award winners (l to r, bottom to top): ICF International (Kristen Butler), Dimension Data (Denise Messineo), Tax Analysts (Colette Brooks), Cassaday & Co. Inc. (Allison Felix), Consumer Technology Association (Loren Wray), FMP Consulting (Erin Pitera), CustomInk (Kevin Cheetham), AMERICAN SYSTEMS (Chris Braccio), Venterra Corp. (Robert Acosta), Evans Incorporated (Sue Evans), Knight Point Systems LLC (Bob Eisiminger), National Rural Electric Cooperative Association (Stephanie Wunderlich). (Not pictured: NetImpact Strategies)

Now nearing its 25th year, the CARE Awards continue to spotlight companies on the leading edge of change and innovation in the workplaces of Northern Virginia.

"CARE is one of the most important programs CustomInk participates in because the application process forces our company to thoroughly analyze what we offer, how well we do it and, most importantly, its actual value to our team. The rigor and integrity of the process and the interaction with other participants have truly helped us improve and expand."

— Marc Katz, CEO of CARE Award winner CustomInk

We look forward to celebrating their best practices for employee wellbeing, workplace flexibility and community stewardship at this year's CARE Awards breakfast. We hope you can join us.

2016 CARE AWARD WINNERS

AMERICAN SYSTEMS
Business Benefits Group
Cassaday & Co. Inc.
Consumer Technology Association
CustomInk
Dimension Data
Evans Incorporated
FMP Consulting
Knight Point Systems LLC
Merritt Group
Monument Wealth Management
National Rural Electric
Cooperative Association
NetImpact Strategies
Towne Park
United States Tennis Association
Venterra Corp.

NVFS on the Move

Landlord Summit: Partnering to End Homelessness

The Greater Prince William Area Continuum of Care is working collaboratively with Prince William County Supervisor Ruth Anderson's office, as well as the Realtor's Association, to raise awareness and develop partnerships with landlords looking toward affordable housing solutions. This event is intended to educate, connect and empower Prince William County residents with space to rent on how they can help end homelessness in Greater Prince William County.

Details:

Date: Oct. 6, 2016

Time: 8:30-10:30 a.m.

Realtor Association of Prince William
4545 Daisy Reid Ave, Ste 150

Woodbridge, VA 22192

RSVP: <http://bit.ly/2016-landlord-summit>

NVFS' Healthy Families Program Expands to Reston

The Healthy Families team in Reston has become the newest part of the NVFS family! We welcome these wonderful new staff, as well as the opportunity to serve nearly 130 more families every year. Healthy Families works with families with children pre-birth up to age 4, promoting positive and responsive parenting, child health and development, school readiness and the prevention of child abuse and neglect.

Hypothermia Prevention Season

Hypothermia prevention season in Fairfax County will run Dec. 1, 2016 – March 31, 2017. The Bailey's Crossroads Community Shelter Hypothermia Prevention Program is made possible through partnerships with a variety of houses of worship throughout the county. NVFS is always eager for additional support during this season, either as host sites, volunteers to provide support to clients, or in-kind contributions of bus tokens, personal care items and food. Contact Meagan Perkins at mperkins@nvfs.org.



The Dept. of Health and Human Services featured NVFS' five-star designated Early Head Start facility in a public service announcement surrounding its new Program Performance Standards. New standards include raising educational and professional development standards, and strengthening comprehensive services, as well as increasing the time children spend in Head Start to promote better outcomes.

"Providing a full-day, full-year program offers parents the opportunity to maintain a regular work schedule, **know where their children are going to be**, know that they're going to **be safe** and know that they're going to **have learning opportunities**," shared Malinda Langford, NVFS senior vice president of programs.

"I'm so thankful for this program," added Early Head Start parent Belinda Williams. "I'm here by myself in Virginia, and I didn't have any help. I didn't have any support. **Northern Virginia Family Service has been my second family**, and I absolutely love the program."

NVFS recently received a \$1.25 million expansion grant for its Early Head Start program, which was spotlighted by Sen. Warner for its value and impact. Check out the full video at <http://bit.ly/nvfs-hhs-2016>.

FOR MORE INFORMATION, VISIT

 acf.hhs.gov/ohs 

#HeadStart #HeadStartStrong

Words of Gratitude

"I just want to thank you and your community members at NVFS for your financial, emotional, social support, etc., to my family and I. Thank you for the last meeting we had, and how **you took the time to explain to me the progress I had made** and how I can go from here. Nobody had ever told me that, and that gave me the courage to go ahead and plan for my future knowing that **I can always come to members of NVFS** any time I need advice and support."

— Regional Housing Assistance Program client

"Our recent placement brought us in contact with other foster parents who could benefit from the support and caring that NVFS provides to its foster families. **Thank you for what you do for children and foster parents!**"

— Respite foster care parents

"I've sincerely enjoyed the time you've spent during the past couple of weeks. I know it's not always easy or convenient to personally come to my home and work with me on various strategies to assist me in my time of need. Yet **you gave so generously your time, knowledge, patience and expertise** to assist and speak on my behalf at such a critical time in my life. Your dedication to devote so much time, and keep me informed of a plan of action, has **truly helped ease a lot of my concerns** as to how I was going to continue paying such high rent. For nearly two years, it had taken a toll on me — being so stressed and many sleepless nights. I am truly grateful for your support to overcome obstacles that I alone could not have done, to rebuild my dreams to find affordable housing and **have stability in my life once again.**"

— SERVE housing client

How a Family Connects to Essential Resources and Thrives Through NVFS

ADA FIRST HEARD ABOUT

Northern Virginia Family Service (NVFS) through the Dept. of Social Services in the city of Manassas Park while attending an alternative high school and raising two boys, with another son on the way. She was dependent on her then-husband's low income but was in need of dental assistance, so the Dept. of Social Services connected her with NVFS' HealthLink program.

Through the HealthLink program, Ada learned about the

Hunger Resource Center at NVFS' SERVE campus and was able to access emergency food for her family. After graduating from high school, she divorced her husband and began looking for new opportunities to improve her family's situation.

At that time, NVFS was opening a Training Futures location in Manassas. She applied and was able to successfully complete the program, which included not only acquiring new workforce skills but dealing

with mental health issues as well.

"When I was attending Training Futures, I was feeling very depressed as a single mom with three kids," she explains. "The mental health worker they brought in helped me deal with things I was carrying with me."

After graduating, Ada joined the NVFS as a Healthy Families Fairfax caseworker. Ada used her experiences to better assist her clients and

"I can give to the community what I once received. And it also helps me to be a better mom, better co-worker and a better human being."

help them understand the resources available.

"I can give to the community

what I once received," Ada adds.

"I can relate to Healthy Families clients in terms of the physical or sexual abuse they have encountered because they have a background similar to mine. And it also helps me to be a better mom, better co-worker and a better human being."

Ada now works on the Healthy Families Prince William team to be closer to home and her sons — a vast improvement from the night shifts she worked before joining NVFS.



Community Spotlight on NVFS



Congratulations to Reina Blanco for winning the Prince William County Coalition for Human Services Labor of Love Award for all of her hard work and dedication to the Supplemental Nutrition Assistance Program (SNAP) outreach program. She has made a tremendous impact on the clients she serves.



NVFS is a proud partner in the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness' "Build a Village" campaign. The campaign, a coalition of government, nonprofit and corporate partners, aims to raise awareness and funds to benefit homeless veterans, and provide services to individuals who are homeless and being served through Fairfax County's Hypothermia Prevention Program.



Congratulations to our anti-hunger team at SERVE, who took home Capital Area Food Bank's Shopping Partner of the Year Award at its 2016 Hunger Summit.

Thanks for Preparing 1,900 Kids to Head Back to School

Thank you to all the wonderful volunteers, donors and supporters for making this year's Back-to-School Drive another major success.

Starting a new school year can be tough enough for kids, but it can be even harder when they don't have the tools necessary to start off the school year. Having items such as backpacks, pencils, paper and more allow kids to focus on their school work without being worried or embarrassed about having the resources available to complete their assignments.

Thanks to your generosity, numerous community children in need were able to get a strong start to a successful school year:

- NVFS distributed 1,937 backpacks to children in need of supplies through its Back-to-School Drive.
- Two-hundred fifty-five individuals and corporations helped prepare local children in need to start the school year off with everything they need to succeed through \$22,109.37 in monetary donations and \$61,269.58 in in-kind donations.
- Two-hundred forty-five volunteers spent nearly 800 hours sorting supplies and stuffing backpacks to deliver to clients in need.



Special thanks to

MITRE Corp.

Volkswagen Group of America
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F.H. Furr Plumbing Heating & Air
General Dynamics Missions Systems
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Stay In Touch



Northern Virginia
Family Service

Upcoming Events

Empty Bowls – Oct. 13
Yard Sale at Clock Tower Thrift
Store-Falls Church – Oct. 22
CARE Awards Breakfast – Nov. 18
Operation Turkey – Nov. 16–20
Mama's Black Sheep Benefit
Concert – Dec. 1

Visit nvfs.org/calendar for more
details.

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