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## Reducing the Stigma of Mental Health Through Active Support and Listening

An individual's path to experiencing homelessness can oftentimes be accompanied by a host of other concerns. Questions of where they will lay their head that night can be masked by worries of food insecurity, transportation troubles and even mental health issues.

The need for mental health services in homeless shelters is essential for assisting those in need with the tools to build brighter futures. That's why Northern Virginia Family Service implemented

a mental health coordinator to work with guests in our shelters, as well as our Early Childhood Education programs.

We had the opportunity to chat with mental health coordinator Leslie Wilcox about her new role and its impact in uplifting both children and adults experiencing homelessness.

[Read More](#)

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## Behind the Scenes: Our Gala Silent Auction



NVFS offers many opportunities to get involved with our local community, including our special events. NVFS' Road to Independence Gala is our largest event, and volunteers are an integral part of its success. **Tina Valen** has been a driving force behind our incredible silent auction for years. Learn how she became involved in the event and what it means to her.

[Read More](#)

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A promotional banner for the 2018 Road to Independence Gala. The top part is a teal bar with white text: "Commit to being a transformative agent in our community". Below this is a photograph of a woman speaking at a podium on a stage. The podium has a sign with the NVFS logo. The background features a large screen with the NVFS logo and the text "Northern Virginia".

**Join us at our 2018 Road to Independence Gala**  
*Recognizing the Honorable Dr. William A. Hazel, Jr.*

[Buy Tickets](#)

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## More Than 800 Packages Assembled for NVFS Clients



Thank you to [Temple Rodef Shalom](#) for volunteering with NVFS for its Good Deeds Day on April 15. The temple's volunteer activity comprised assembling hygiene packs, birthday kits, care packages and summer activity kits, totaling more than 800 packages for our clients. We appreciate our continued partnership!

[Read More](#)

### Top 3 Volunteer Needs

Shelter Passenger Drivers

[Manassas](#)

[Woodbridge](#)

Greeter & Receptionist  
*(Bilingual – English & Spanish)*  
NVFS' Multicultural Center

[Falls Church](#)

Client Intake for Food Assistance  
*(Bilingual – English & Spanish)*  
NVFS' SERVE Campus

[Manassas](#)

### Cheers to Our Volunteers: April 2018

From bringing the coffee house to our SERVE Family Shelter to organizing our Thrift Shops to reading to our Head Start students, volunteers had an amazing impact on our clients last month. Thank you for all that you do to support NVFS' efforts to create a stronger community for all.

[Read More](#)

## Now is the time to be the change you wish to see in the world!



Organized by the United Way of the National Capital Area

Donate to NVFS from Noon to Noon, Thursday, May 17 – Friday, May 18 for #DoMore24, the DMV's largest online fundraiser.

**Together, we can make a difference in Northern Virginia.**

[Donate](#)

## Just Between Friends — Consignment Benefit Friday and Saturday

We're excited to be the beneficiaries of **Just Between Friends Central Fairfax's** upcoming consignment sale on May 4-5! Clothes not sold at the event will be donated to NVFS' Thrift Stores in Falls Church and Centreville. For information on tickets, shopping and selling with Just Between Friends, please see their [website](#).

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## NVFS Winner of GMU's Exemplary Community Partner Award



NVFS is excited to be the recipient of the Exemplary Community Partner Award from **George Mason University's** Social Action and Integrative Learning (SAIL) Program. This award celebrates organizations that not only do great work in the community, but also serve as partners in education with Mason students and their organizations. We're honored to be the recipients of this award and look forward to continuing to educate and engage Mason students through volunteer efforts and civic engagement.

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### More Volunteer Needs

**Front Desk Volunteer**  
NVFS' SERVE Campus

**Manassas**

**Camp Counselors**

**Manassas**

**Woodbridge**

**Yard Sale Volunteers**

**Falls Church**

**Centreville / Manassas**

**Shelter Meal Providers**  
NVFS' SERVE Campus

**Manassas**

**Spanish Interpreters**  
NVFS' Multicultural Center

**Falls Church**

**Foster Care Transportation Aide**  
(Job Opening)

**Multiple Locations**

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## Creating a CARE-ing Community

NVFS kicked off our [CARE Awards](#) process with our first [virtual week of service](#) to promote corporate social responsibility. Nearly a dozen companies and community partners across the

region helped build a stronger Northern Virginia community through our collective service and partnership.

Is your company active in the community? Consider applying for a CARE Award.

[Apply Now](#)

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## Giving Thanks for Our Volunteers at Gratitude Grille



On Saturday, April 21, we celebrated our top-notch volunteers at our annual Gratitude Grille. We spotlighted our awardees and spent the day enjoying one another's company and indulging in a delicious meal, courtesy of Cabot Creamery, as well as spotlighting this year's award winners. Please visit our [Facebook album](#) for photos of the event.

[See More Photos](#)

## Top Donation Needs

**Head Start**: Art supplies, size 5T pull-ups

**Training Futures**: Give the gift of office supplies to Training Futures trainees by purchasing items via our [Amazon Wishlist](#).

**Hunger Resource Center**: Meat, canned fruit, flour, sugar, cooking oil/spray, canned beans, boxed potatoes, pasta

**Family shelters ([SERVE](#) and [Hilda Barg](#))**:

- Urgent needs: Pillows, toilet paper, paper towels, gift cards in \$10 increments, double and single strollers, bus tokens, welcome home baskets (kitchen tools, cleaning supplies, sheets, and towels), air mattresses, lamps and kitchen items (pots and pans, plates, silverware, small appliances)



- Ongoing needs: Toiletries, diapers, wipes, strollers, board books, gas cards, transportation vouchers

[See More Donation Needs](#)

## Events & Opportunities at NVFS

**Road to  
Independence Gala**  
Friday, May 11

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**Yard Sales Benefiting  
the Community**  
Now through August

[Read More](#)

**Foster Parent  
Training Sessions**  
Multiple dates

[Read More](#)



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