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NVFS Helps to Alleviate the Stress of Summer Poverty

For most children, the end of the school year is celebrated with summer vacation planning, excitement and backyard barbecues. For the 7.4 percent of families living below the poverty line and experiencing food insecurity in Virginia, the end of the school year means these students often no longer have access to school-provided breakfast and lunch.

Because of the decrease in meals at school, caregivers must provide three meals per day — increasing pressure on the families in Greater Prince William already struggling to provide food for their children.

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The Kaplan Family Foundation Ignites a Love for Reading in Children at Head Start

When **Teresa and Joel Kaplan** retired, they knew they wanted to continue giving back to their community and impacting the lives of their neighbors, particularly children.

“Because we both love children, and it’s crucial that they have a good beginning, we decided to work for a disadvantaged children’s cause,” shares Teresa.

For the next two and a half years, Teresa and Joel worked side by side to place books in the hands of children who did not have access to literary resources.



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NVFS Volunteer Provides Meals to Neighbors in Need in Our Community



After attending the Million Women March in 1997, **Michelle Halmon**’s spark for giving back was ignited and her passion for making a difference in her community was born. After attending the Women’s March in 2017, she knew it was time to make a change.

“I wasn’t sure how I could make a difference,” said Halmon. “But I knew I wanted to do something.”

Michelle has been volunteering with Northern Virginia Family Service (NVFS) since January

2017 preparing and serving monthly meals to both the [SERVE Family Shelter](#) and [Hilda Barg Homeless Prevention Center](#).

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Top 3 Volunteer Needs

Inventory Volunteers
NVFS’ Hunger Resource Center

Shelter Passenger Drivers
NVFS’ SERVE Campus

Greeter & Receptionist
NVFS’ Multicultural Center

Nourishing Guests While Nourishing Our Community

An outstanding group of students from **The Secret Agents of Kindness Group** at **A. Henderson Elementary School** prepared bagged lunches of homemade sandwiches, carrots, pretzels, cookies and fruit for our guests at Hilda Barg Homeless Prevention Center. They enjoyed their experience so much the first time around that they came back to do it again later in the month!

After the students prepared lunch for our guests, they engaged in a thoughtful Q&A with Community & Volunteer Engagement Specialist Julie Martinez about homelessness in the community, how the Hilda Barg shelter helps homeless families, and its importance in our community.

Thank you to the students of A. Henderson Elementary and counselor **Emily Hess** for being active members in our community and making an impact on the lives of the guests at Hilda Barg.

Cheers to Our Volunteers: May 2018!



From reading to our littlest clients at Head Start to sprucing up the SERVE Family Shelter's paint job and sorting and organizing goods at our Hunger Resource Center, our volunteers made a huge impact this month. Thank you for your continued support in ensuring Northern Virginia is a stronger and better place for all.

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Suicide Risk in a Multicultural Context: NVFS Mental Health Professionals Participate in Panel

NVFS Mental Health Therapist **Saara Amri** and Clinical Program Manager **Hiyawkal Gizachew** presented at a **SPAN (Suicide Prevention Alliance of Northern Virginia)** workshop panel on assessing suicide risk in a multicultural context, including how to recognize and respond to suicidal risk in older adults and what emergency psychiatric resources are available across the region.



Thank you to SPAN and Fairfax-Falls Church Community Services Board for the opportunity to shine a light on suicide awareness and prevention.

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Events & Opportunities at NVFS

Back-to-School Drive
Now through August

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Village of Impact Summer Cookout
Saturday, June 23

[Read More](#)

Yard Sales Benefiting the Community
Now through August

[Read More](#)

Top Donation Needs

Hunger Resource Center: Flour, sugar, salt, pepper, cooking oil and spray, canned fruit, boxed potatoes, canned meat

SERVE Family Shelter:

- Urgent needs: Pillows, bus tokens, toilet paper, paper towels, gift cards in \$10 increments, cleaning supplies, diapers for all sizes (especially sizes 3 and 4), Pull-Ups, wipes
- Ongoing needs: Double and single strollers, welcome home baskets (kitchen tools, cleaning supplies, sheets, and towels), air mattresses, lamps and kitchen items (pots and pans, plates, silverware, small appliances), diapers (size medium – adult), art supplies, face paint, toiletries, feminine hygiene products, new bras



[See More Donation Needs](#)

More Volunteer Needs

Client Intake for Food Assistance
NVFS' SERVE Campus

[Manassas](#)

Camp Counselors
NVFS' SERVE
Family Shelter

[Manassas](#)

Yard Sale Volunteers
Friday, June 29
Saturday, June 30

[Centreville / Manassas](#)

Shelter Meal Providers
NVFS' SERVE Campus

[Manassas](#)

Classroom Volunteers
NVFS' Early Head Start

[Arlington](#)

Food Recovery Driver
NVFS' Hunger Resource
Center

[Manassas](#)



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