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Giving Kids a Jump-Start to a Brighter Future

Children together on the playground crawling, climbing, running and jumping is more than just kids being kids. Did you know that jumping by age 3 is a key indicator that a child will be more likely to read by third grade?

Although jumping may seem like a simple task, there can be many hurdles in a young child's life that delay it. Distractions such as technology can certainly be factors, but urbanized living and other social factors are also primary contributors. Learn how our early childhood development teams are breaking down these barriers and how you can play a role in helping to develop our region's children.

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2018 CARE Awards Breakfast

MODERATOR: **PANELISTS:**

Michael Neibauer
Associate Editor
Washington Business Journal

Charles Kuhn
President & CEO
JK Moving Services

Sheila Murphy
Founder & Partner
FlexProfessionals, LLC

Darcy Smith
Senior Vice President, Team Development
Custom Ink

► Join us Thursday, Nov. 8, at Sheraton Premiere Tysons Corner [Tickets & Sponsorships](#)

Fields of Fun With CapTech

[CapTech](#) has partnered with Northern Virginia Family Service in myriad ways, from helping us update our Intranet to teaching our Head Start children exciting new science projects. One of the highlights for our Head Start students each year is CapTech’s annual field day, complete with costumed characters, in which employees engage the children in a variety of fun outdoor activities to get them active.



CapTech’s Andreea Linte shares why this partnership and CapTech’s volunteer efforts are so important to the company and its employees.

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Top 3 Volunteer Needs

Shelter Meal Providers SERVE Family Shelter	Food Recovery Driver Hunger Resource Center	Bilingual Receptionist Multicultural Center
Manassas	Manassas	Falls Church

Cheers to Our Volunteers: August 2018



Thank you to our August volunteers, more than 300 of whom played a critical role in helping 1,800+ children across the region go back to school prepared and confident to kick off the new year.

Volunteers such as **Megan Wholey**, **Hilary Maciak** and **Mister John** from the **Potomac Community Library** also helped to engage kids in playtime, story time, musical performances and birthday celebrations for a fun, festive month of activity.

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Events & Opportunities at NVFS

SERVE It Up
*Benefiting NVFS' Hunger
Resource Center*

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**CARE Awards
Breakfast**
Thursday, Nov. 8

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Operation Turkey
*Benefiting Greater Prince
William Families*

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Top Donation Needs

Head Start: Pull-ups (size 5) for girls and boys, and pants for girls and boys (sizes 3T, 4T and 5T).

SERVE & Hilda Barg Family Shelters: New pillows, diapers (sizes 3, 4 and 5), Pull-ups, wipes, laundry detergent, toilet paper, paper towels, full-size lotion, men's and women's deodorant, bus tokens/transportation passes

SERVE Campus (non-shelter): Cereal, mac and cheese, baby clothing (5T and under), transportation vouchers, adult diapers (size medium), diapers, wipes, board books, storage shed



Training Futures: Check out our Amazon wishlist [here](#).

A complete wish list of items can be found [here](#).

[See More Donation Needs](#)

More Volunteer Needs

Shelter Passenger Drivers
SERVE Family Shelter

[Manassas](#)

Bilingual Client Intake for Food Assistance
Hunger Resource Center

[Manassas](#)

Learning Club Volunteers
SERVE Family Shelter

[Manassas](#)

Food Assistance Specialist
Hunger Resource Center

[Manassas](#)

Program Eligibility Screener

[Oakton](#)

Classroom Volunteer
Early Head Start

[Arlington](#)



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