
NORTHERN VIRGINIA FAMILY SERVICE INVESTING IN FAMILIES STRENGTHENING COMMUNITIES



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5 Tips for Spreading Joy This Holiday Season

Each year, NVFS serves 35,000+ individuals, approximately one-third of whom are children. Nearly all of these individuals live in poverty, which can have a significant impact on children mentally and physically, with potentially long-lasting effects. The holidays can be particularly stressful, as they may not be able to celebrate in the same way as the children around them.

One of the ways in which NVFS helps to alleviate the stress of this situation is through our [Gifting for Families program](#), through which 2,200+ local children receive gifts each holiday season. The

drive supports children of all ages, from infants to teens, to ensure every child can experience the joy of unwrapping a present during the holidays.

Looking to spread some holiday cheer? Check out these helpful tips from Gifting for Families volunteer and supporter **Brenda Foster**.

[Read More](#)

Strengthening Their Community as Dedicated Supporters

Sylvia and Ken Wright have been longstanding NVFS supporters, donating both time and resources to the [SERVE](#) Family Shelter and [Hunger Resource Center](#) (HRC). Driven by a desire to help those in need in our community, especially children, they have helped out where needed, whether picking up or donating food to the HRC or providing arts & crafts activities for the children in the shelter each Tuesday.



Volunteering is an incredibly fulfilling experience for the Wrights — an activity they see as a critical support for their local community and one they feel blessed they can provide. Learn more about why they choose to volunteer with NVFS and the impact they feel they are able to make through their support.

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Community Engagement Strategies to Attract and Retain Top Talent

MODERATOR: **Michael Neibauer**, Associate Editor, Washington Business Journal

PANELISTS:

- Charles Kuhn**, President & CEO, JK Moving Services
- Sheila Murphy**, Founder & Partner, FlexProfessionals, LLC
- Darcy Smith**, Senior Vice President, Team Development, Custom Ink

Join us at the **2018 CARE Awards Breakfast**
Thursday, Nov. 8 • Sheraton Premiere Tysons Corner

[Tickets & Sponsorships](#)

How Poverty Affects Families During the Holidays

Poverty is stressful year-round, but can be particularly challenging during the holidays, as noted in our [featured article](#) this month. Help our neighbors in need by volunteering to support our holiday drives and activities through our next [Village of Impact](#) service day.

NVFS' Village of Impact provides meaningful opportunities for families to engage in service together, learn about critical local needs, and raise funds to help our community thrive. Join us Saturday, Dec. 1, to serve and learn about our community!



[RSVP Today](#)

A promotional banner for Amazon Smile. The top left features the text "5% Donated Through Nov. 2" in yellow and white. The top right has the "amazon smile" logo. The center shows a photograph of three young children smiling. The bottom left contains the text: "In just 3 weeks, it will be Thanksgiving! Help support your community as you shop this holiday season through AmazonSmile with 'Northern Virginia Family Service' as your chosen organization." The bottom right has a teal button with the text "Choose NVFS".

5% Donated Through Nov. 2

amazon smile

In just 3 weeks, it will be Thanksgiving! Help support your community as you shop this holiday season through AmazonSmile with 'Northern Virginia Family Service' as your chosen organization.

Choose NVFS

Cheers to Our Volunteers: October 2018



Thank you to our October volunteers, who spread joy to our clients through wonderful meals, Halloween events, musical concerts and a play date with pets. Our supporters also generously donated warm clothing to our clients, as we prepare for a chilly winter ahead.

Volunteers also help prepare us for the holidays by sorting donations and organizing the shelves of the Hunger Resource Center ahead of our [Operation Turkey](#) drive, and organizing our [thrift store](#) to help us spotlight our seasonal merchandise.

[Read More](#)

Thanksgiving Meal Providers

Bring the comfort and warmth of home-cooked meals to NVFS clients this November by providing nutritious Thanksgiving meals. Groups can prepare offsite or in the shelter kitchen (or order the meal), then bring the dishes, serve them and share the meal with everyone.

SERVE Family Shelter — Manassas

Thursday, Nov. 22 (dinner)

Small group (6-8 volunteers) to provide, prepare and serve a Thanksgiving meal for the 92 residents at the SERVE Family Shelter. Other [dates in December](#) are also available.

Sign Up: Contact [Julie Martinez](#).

Multicultural Center — Falls Church

Friday, Nov. 16 (12-2 p.m.)

Small group (5-7 volunteers) to prepare and serve a Thanksgiving lunch for 30 clients. Due to limited space, only 5-7 volunteers can be onsite for the actual meal, though more volunteers could be involved in the preparation process ahead of time.

Sign Up: Contact [Karen Horowitz](#).

NVFS Shares Key Practices to Prevent Child Abuse

NVFS volunteer **Judy Martens** participated alongside NVFS staff members Davida Johnson (NVFS' SERVE Campus) and Elizabeth Willingham (NVFS' Healthy Families and Foster Care teams) in the Child Protection Partnership's 2018 Fall Conference on No Hit Zones. NVFS was invited to share our knowledge and experiences on key practices to [prevent child abuse](#). Martens and Willingham presented on Reflective Practice, aimed at helping service professionals avoid burnout, improve outcomes and increase job satisfaction.



[See More](#)

Events & Opportunities at NVFS

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

[Read More](#)

Operation Turkey
*Benefiting Greater Prince
William Families*

[Read More](#)

Giftng for Families
*Benefiting Northern
Virginia Families*

[Read More](#)

Top Donation Needs

SERVE Campus (general): Holiday stockings for young children; strollers; children coats; gloves; scarves; hats; baby blankets; hangers

- **SERVE Family Shelter:** New pillows; diapers size 3, 4 and 5; Pull-ups; diapers; wipes; laundry detergent; toilet paper; paper towels; cleaning products; full-size lotion; men's and women's deodorant; bus tokens/transportation passes; clothes (women's and teen girl's underwear, socks, sleepwear; men's and boy's underwear, socks, tees/undershirts); baby blankets



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

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

[See More Donation Needs](#)

More Volunteer Needs

Bilingual Receptionist
Multicultural Center

[Falls Church](#)

Food Recovery Driver
Hunger Resource Center

[Manassas](#)

Shelter Passenger Drivers
SERVE Family Shelter

[Manassas](#)

Food Assistance Specialist
Hunger Resource Center

[Manassas](#)

Children's Activities Specialist
SERVE Family Shelter

[Manassas](#)

Bilingual Client Intake for Food Assistance
Hunger Resource Center

[Manassas](#)



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Northern Virginia Family Service

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