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.

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**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**

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**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

5% Donated Through Nov. 2

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.

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.

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**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.

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**Events & Opportunities at NVFS**

- **CARE Awards Breakfast**  
  *Thursday, Nov. 8*  
  [Read More]

- **Operation Turkey**  
  *Benefiting Greater Prince William Families*  
  [Read More]

- **Gifting 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**

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**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](#)