

# NORTHERN VIRGINIA FAMILY SERVICE

INVESTING IN FAMILIES  
STRENGTHENING COMMUNITIES



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## 2018 CARE Awards Highlight Importance of Corporate Social Responsibility

A company with outstanding community stewardship, workplace flexibility, employee well-being and culture is a company that is constantly making its community a better place. On Nov. 8,

NVFS' annual CARE Awards recognized [23 local companies](#) that are exemplary in all of these areas.

Leaders from winning companies [Custom Ink](#), [FlexProfessionals, LLC](#) and [JK Moving Services](#) spotlighted their impactful community stewardship strategies that also increase employee productivity, pride and engagement. *Washington Business Journals* Michael Neibauer, associate editor, moderated the panel discussion.

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Stephanie Berkowitz, NVFS president and CEO, and George Lane, CARE committee co-chair, spoke with Catherine Read of Your Need to Know on the importance of NVFS' CARE Awards and the awards' impact since 1992.

[Watch the Interview](#)

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## How You Can Help Families in Need During the Holiday Season



Each year, NVFS serves 35,000+ individuals, the majority of whom live in poverty. Approximately one-third are children, who can be significantly impacted mentally and physically by poverty, with added stress around the holiday season.

NVFS tries to help alleviate this stress in a number of ways, including:

- Hosting holiday festivities for our foster families, Healthy Families participants, our shelter guests, and more, as well as addressing other critical needs. Check out our [seasonal volunteer opportunities](#) to see how you can get involved.
- Organizing 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.

- Educating families on how poverty can affect our neighbors during the holiday through our Village of Impact family giving circle. Join us for [our Dec. 1 event](#) to learn more about the challenges local families face and volunteer with our [Operation Turkey](#) initiative.

## Get Involved



Black Friday. Cyber Monday.  
**#GIVINGTUESDAY**  
**November 27, 2018**  
Help us raise \$16,000 for our community.  
Thank you to Stanley Martin Homes for partnering with us.  
**DONATE TODAY TO TRANSFORM TOMORROW**

## Helping Families Overcome Obstacles to Regain Hope and Confidence



Stressors can feel everpresent for families living in poverty, especially as parents struggle to provide basic needs for their children.

Unemployed because of lack of reliable and affordable childcare, a woman came with her two young children looking for emergency shelter assistance through NVFS. Feeling overwhelmed, isolated and hopeless, she had trouble moving past her fears to accomplish the next step and cried throughout her meetings with NVFS staff.

Her only source of pride and motivation were her children, and she needed help to find a new job that would allow her to take care of her family.

NVFS staff helped her overcome her low self-esteem by identifying her personal strengths: resiliency, kindness, compassion and determination, as well as the valuable professional skills she possessed. She began to think about her strengths, and her demeanor changed.

Although her journey isn't over yet, she has been able to overcome self-doubt, depression, anxiety and fear in order to keep going. These types of trauma can have a dramatic impact

on our neighbors in need, which is why the support NVFS provides is so important to helping them move forward. She hasn't given up, and that's a success worth celebrating.

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### 3 Ways You Can Act As a Community Advocate



Election day has come and gone, but civic duty can be a year-round activity for those looking to make an impact in our community.

At NVFS, we pride ourselves on giving back to our community. NVFS advocates for families and individuals in need in Northern Virginia.

We're always looking for an extra set of helping hands. You can help our neighbors in need in a variety of ways, whether it's hands-on volunteer activities or participation in town halls and other community meetings. Consider

joining us as a volunteer and hop onto the path to advocacy!

[Read More](#)

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### National Adoption Month: Fostering Support at All Levels



The NVFS Foster Care team has trained prospective foster parents for years and provided them with the knowledge, tools and resources they need to support the children in their homes successfully. The team knows from experience — and research confirms — that at the core of a successful placement is a committed, well-trained foster parent.

In October, NVFS kick-started a partnership with other Northern Virginia-based treatment foster care (TFC) agencies, through the Fairfax County Department of Family Services, to offer a new trauma-focused foster parent training

curriculum called ARC Reflections. ARC (Attachment, Regulation and Competency) is a practice model for foster families working with children and teens who have experience trauma.

Learn more about the training program and the impact it will have for foster parents, and the children and teens in their care.

[Read More](#)



## Ensuring Safe Spaces for Children



This summer, NVFS' SERVE Campus partnered with [Stop Child Abuse and Neglect \(SCAN\)](#) to become a No Hit Zone site in the Greater Prince William Area. The No Hit Zone initiative is a national public health awareness campaign that promotes a culture of safety and health in the community by spreading messages promoting non-violence and creating safe environments.

Although the SERVE Campus has always had a no-hitting policy, the program gives our staff further support and tools to use when discussing it with anyone who interacts with

children at the SERVE Campus through our various programs here.

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

## Top Volunteer Needs

**Thanksgiving Meal Providers**  
SERVE Family Shelter

[Manassas](#)

**Food Recovery Driver**  
Hunger Resource Center

[Manassas](#)

**Bilingual Receptionist**  
Multicultural Center

[Falls Church](#)

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## 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 wishlist [here](#).

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

[Read More](#)

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## Events & Opportunities at NVFS

**Giving Tuesday**  
Tuesday, Nov. 27

[Donate](#)

**Village of Impact  
Service Day**  
Saturday, Dec. 1

[RSVP](#)

**Gifting for Families**  
*Benefiting Families in  
Northern Virginia*

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