

# NVFS INSIDER



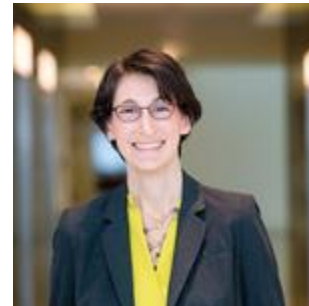
## Monthly Newsletter of Northern Virginia Family Service

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### Message from CEO Stephanie Berkowitz

At NVFS we honor the rich diversity that makes our nation and our Northern Virginia community beautiful. We are proud to work every day in partnership with you, to create hope and opportunities so that all of our neighbors can reach their fullest potential. And we know there is much work to be done.



- Tomorrow is Juneteenth, the commemoration of the abolition of slavery in our country. [We continue to witness violence against Black Americans, and the reverberations of unrest fueled by centuries of injustice and systemic racism.](#) We believe that systemic racism against Black and Brown Americans needs to be addressed and dismantled.
- Saturday marks World Refugee Day, a celebration of the strength and courage of refugees around the globe. We [affirm our commitment](#) to serving immigrants, and celebrate the Supreme Court's ruling that protects the DACA Program, which allows young people known as Dreamers to avoid deportation and remain in the U.S.
- NVFS [applauds the Supreme Court's landmark ruling](#) affirming that sexual orientation and gender identity discrimination are prohibited under the Civil Rights Act.

For nearly a century, NVFS has developed resources and programs that meet the unique needs of those who are vulnerable and underserved in our community. We affirm our long-standing values and commitment to social justice.

Our mission is to empower individuals and families to improve their quality of life, and to promote community cooperation and support in responding to family needs.

We honor the rich diversity of our NVFS staff and community who are an integral part of what makes NVFS so impactful.

With your support, we continue to make Northern Virginia a stronger place to live and work.

Below you will see some recent examples of the work we are doing to make a difference in our community. As always, thank you for your continued and invaluable commitment to NVFS!

*Stephanie*



### Pay it Forward Loan Direct Assistance Loan Fund officially launches

“We are proud to partner with [100WomenStrong](#) to address the surge in financial hardship among our Loudoun County neighbors. 100WomenStrong’s leadership in recognizing the critical needs around us, coupled with dedicated investments from the Community Foundation for Northern Virginia and a network of community-minded supporters, is an incredible gift. The creative partnership fueling this innovative, self-sustaining program will help ensure that our neighbors have the food, medications, and supplies they need to weather these unprecedented and

challenging times,” stated Stephanie Berkowitz, president and CEO of Northern Virginia Family Service. This new fund will make \$2,000 of emergency cash assistance available to Loudoun County residents who are struggling financially due to the COVID crisis. To learn more or apply, please [click here](#).

## Summer Camp Kits for SERVE Family Shelter Have Arrived

In place of our traditional summer camp at the SERVE family shelter, supporters have mailed in supplies to create grab-and-go kits that contain everything a child will need to assemble a craft or activity. Kits range from friendship bracelets, to clothespin butterflies, to popsicle stick catapults with (super soft!) pompom balls to launch. Additional volunteers assembled and delivered snack packs - a key component to any summer camp! Thank you to everyone who sent in and delivered supplies and snacks to make this a fun, safe, and enjoyable summer for all the kids staying at the shelter.



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## Anti-Racist Resources: Listen. Learn. Act.

Many anti-racist resources are widely available. In our [recent blog post](#), we include a longer list of resources that we have come across, used, and shared within our own networks. It is divided into three sections: listen, learn, and act. The first section, Listen, names a handful of influential leaders and organizations. Part of being an ally is listening to the voices that are being marginalized and lifting up their messages. The second section, Learn, lists various resources and curricula that you can engage with. The third section, Act, is about taking action. There are many ways to do that. Below is just a sampling of the full blog post.

### People and Organizations to Listen To, Learn From, and Amplify their Messages

- Alicia Garza: [Facebook](#) | [Twitter](#)
- Black Lives Matter: [Facebook](#) | [Twitter](#)
- Equal Justice Initiative: [Facebook](#) | [Twitter](#)
- Ibram X. Kendi: [Facebook](#) | [Twitter](#)
- NAACP: [Website](#) | [Facebook](#) | [Twitter](#)
- Rachel Cargle: [Facebook](#) | [Twitter](#)
- Southern Poverty Law Center: [Website](#) | [Facebook](#) | [Twitter](#)

### People and Organizations to Learn From

#### [Coursework for Allies](#)

#### [Videos to watch, share, and discuss](#)

## [Resources for Your Company](#)

## [Resources for Parents and Caregivers](#)

## [Recommended books for adults to share and discuss](#)

## [Recommended podcasts, movies, and shows](#)

### Some Ways to Take Action

#### Write Letters & Sign Petitions

This list has email templates and active campaigns to demand justice for George Floyd, Breonna Taylor, Tony McDade, and countless others.

#### Support Black-Owned Restaurants

This list, compiled by Anela Malik of Feed the Malik, lists black-owned restaurants that are currently open across Virginia, Maryland, and the District of Columbia.

#### Support Black-Owned Businesses

Scroll through Support Black Owned, a listing of thousands of black-owned businesses across the country in hundreds of different industries



Volunteer to Help



COVID-19  
Emergency Response

### Virtual Volunteer Opportunities

1) **DIY [Protective Face Masks](#)** - In an effort to preserve commercial face masks for medical facilities, we're asking for home-made face masks for our staff who continue to deliver services to local families and for guests staying at our family shelter. Contact [Julie Martinez](#) for questions.

2) **[Movement Matters](#)** - Stay-at-home orders are tricky for energetic young bodies. You can help keep them moving. Experienced yoga instructors, dance teachers, personal trainers, and preschool and PE teachers are encouraged to record and submit kid-friendly activity videos to keep children moving throughout the day. The best videos will be posted to our YouTube Channel. Contact [Navara Cannon](#) for questions.

3) Social Media Ambassador - Follow us on [Facebook](#), [LinkedIn](#), or [Twitter](#). Then repost or retweet our messages to your network of followers.

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If you're able, please consider the following ways to help your neighbor in need.

- Purchase these high need items from our regular [Amazon Wish List](#) for a family in need.
  - [Donate online](#) or send a check to 10455 White Granite Drive, Suite 100, Oakton, VA, 22124.
  - Purchase these high need shelf-stable items from our [Amazon Food Wish List](#): canned beans, cereal, boxed mac and cheese, pasta sauce, canned soups, rice, baked beans, kidney beans, pasta noodles. Items will be shipped directly to the Hunger Resource Center in Manassas.
  - The [Clock Tower Thrift Shop](#) in Falls Church will reopen for limited appointments beginning the week of June 22nd. Please call the store ahead of time to schedule. Face masks will be required upon entry.
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## Upcoming Events

**July 3rd: NVFS offices will be closed**

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Did you enjoy this edition of the Insider? Have a suggestion? [Email us and let us know what you liked or didn't like](#). We love hearing from our readers and are continually striving to provide relevant content.

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