

# MOMENTS OF IMPACT

How our friends, partners and supporters can make a difference in the local community through Northern Virginia Family Service

## Training Futures Celebrates 20 Years of Impact

NVFS' Training Futures commemorates two decades of brightening futures through talent development.

**FOR 20 YEARS**, Northern Virginia Family Service's Training Futures program has provided workforce training to help prepare its trainees for corporate environments and career-track positions. More than 2,100 graduates have completed the program and obtained new positions that have helped them increase their wages by 76 percent.

The impact of Training Futures has gone much deeper than that. Participants in the program come from various backgrounds and experiences, but one of the biggest obstacles many of them face is a lack of confidence in themselves, inhibiting their ability to plan for a brighter future.

"Training Futures most helped me overcome the mental barrier I had of not being able to be successful in a professional environment," says graduate Grant Loth. "I always suffered from the stigma that **without the completion of a college degree I would not be able to succeed** in that kind of environment."

Training Futures empowers its graduates by helping visualize a plan for their future, while simultaneously equipping them with both the hard and soft skills, such as Microsoft Office certification, corporate communications training and work-life balance tips, necessary to succeed in a professional environment.



"One of the proudest moments of my life was **when I showed the welfare office my check stub and said 'I don't need your help anymore,'**" shares graduate Meridith Davis. "From providing the tools I needed to bring out the best of myself, my newfound skillset, and learning something new about myself every day, I can proudly say I am where I am today because of Training Futures."

The program continues to provide support to its graduates long after they've completed the program to ensure their long-term success.

"**We have a partnership with them for life.** That's what NVFS as a company and Training Futures as a program does," states Sunny Gurung, workforce development trainer for Training Futures. "And that is why we stand out."

For more information, visit [nvfs.org/trainingfutures](http://nvfs.org/trainingfutures).

### 20 Years of Impact

Training Futures' success includes not only the 2,100+ graduates it has helped prepare for the corporate world, but its network of supporters and partners as well. Through Training Futures:

- **More than 84,000 internship hours have been provided to community business partners.**
- **70 percent of graduates secure full-time, livable wage employment within 12 months.**
- **On average, graduates report a 76 percent increase in earnings at their first post-Training Futures job.**
- **Graduates report a reduction in public assistance, an increase in employer-sponsored health insurance, and significant increases in savings.**

## Community Leaders Supporting NVFS

"The Commonwealth relies on people like you to come out and dig deep, and have a little fun but support the cause [of Northern Virginia Family Service] because there is nothing — *nothing* — that



threatens a great society more than people who do not have an opportunity to succeed."

— **Virginia Secretary of Health and Human Resources Dr. William A. Hazel**

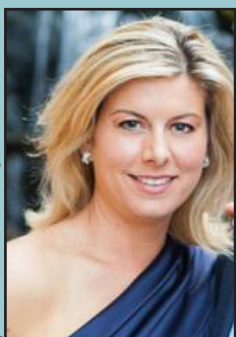
"Dominion is proud to have been a sponsor and partner of Northern Virginia Family Service for more than 20 years. We have supported, among other needs, their food bank and homeless shelters,



and we partnered to raise funds several years ago for NVFS' Georgetown South Child Development Center in Prince William. The Road to Independence Gala is a great way for Dominion, other businesses and individuals to support the important work of NVFS."

— **Deborah T. Johnson, Regional Policy Director at Dominion Power**

"NVFS is literally changing lives every day. And NVFS has such a rich history in the area that it knows how to make a donor's dollar go that much farther because of its all-encompassing work and partnerships. And, even better, donations make a difference right here in Northern Virginia."



— **Julie Simmons, Managing Director at Human Capital Strategic Consulting**

# Join Us at the 2017 Road to Independence Gala

## 2017 Road to Independence Gala

**Friday, May 12, 2017 • 6 p.m.**

**Hilton McLean Tysons Corner  
7920 Jones Branch Drive • McLean, VA 22102**

[Register online at nvfs.org/gala](http://nvfs.org/gala)

**I am looking forward to seeing you at NVFS' upcoming gala on May 12.** Our gala will be a celebration of strong families and strong communities, and will bring together more than 600 business and community leaders who care deeply about families and children in our region.

Thank you for helping NVFS invest in our community. Together we are creating stable foundations from which families can achieve their full potential. Through your support, our gala raises critical funds each year that support our comprehensive services — from fostering a love of learning in children, to teaching adults new job skills for better employment opportunities, to ensuring the mental health and physical well-being of all family members.

I am thrilled that we will be honoring **Congressman Frank Wolf and Karen Cleveland** at this year's gala. Both Frank and Karen have demonstrated unwavering commitments to community service over the years. Through their tireless advocacy and support for children and families, they both have made a tremendous impact on our region. Frank and Karen lead with their hearts and by example, setting the bar for those around them and for generations to come!

Thank you to all of our generous donors and supporters who are committed — year-round — to a stronger Northern Virginia community and to NVFS' work. I look forward to celebrating with you on May 12, as we come together for an inspiring evening.

*Stephanie*

Stephanie Berkowitz

President & CEO  
Northern Virginia Family Service





# Healthy Families Helps Break the Cycle of Abuse



**TRACY WAS ABUSED AS A CHILD**, putting her at risk of abusing her own child. Like many young mothers, she needed help bonding with her son, Steven, and needed information about child development.

NVFS provides that help through our Healthy Families program. To improve Tracy's outlook and potential involved cultivating her relationships, connecting her to resources in the community, and giving her the opportunities to thrive. To accomplish this, Healthy Families provided a family support worker, Lauren, to visit Tracy's family on a weekly basis.

With Lauren's help, Tracy learned about her son's development and the activities that would help her be a nurturing mother. Lauren taught Tracy how to positively engage with her son to help form stronger bonds between the two. Tracy learned the importance of providing different activities for Steven's development and knowledge. She and Steven even estab-

lished a love of reading together, an activity that continues to this day. Through Healthy Families, parents develop an understanding of why these activities are critical, and how they impact the child's growth and future success.

These building blocks significantly reduced not only the possibility of abuse and neglect in Tracy's home, they also set the stage for Steven's future success. Filling the foundational gaps in Tracy's life meant two lives, rather than one, would benefit. And now they both have an opportunity to thrive.

## Become a Monthly Donor to NVFS

It's easy to become a monthly donor and build a better Northern Virginia! Visit [nvfs.org/monthly](https://nvfs.org/monthly) to sign up. You'll be helping moms like Tracy, and also helping so many others reach their full potential and contribute to our community.

## NVFS Words of Impact

"Before Training Futures, I was really uncomfortable with English to the point where I would avoid conversations over the phone at any cost. The accent reduction classes, ice breakers, presentations and grammar classes were a tremendous help. Since I had to participate, my fears slowly flew away. **I started becoming more confident in my skills**, especially when we had to take turns being at the reception desk. That definitely made me get used to phone conversations."

— Training Futures graduate

"We were presented with a plan to follow. I was able to obtain a job after one week of being there. After a while, my case manager at Bailey's brought wonderful news: the possibility to apply for housing assistance through the county. **Now we can stand on our feet again. Finally, our days are bright again and our future is hopeful.**"

— Former resident at NVFS' Bailey's Crossroads Community Shelter

"They support you in supporting your children. **You don't feel so alone.**"

— Lidia, Healthy Families client

"Even if you know about babies from helping relatives, there is more of an emotional attachment with your own and every child is different. **Healthy Families is a hands-on program that helps the mom and the kid.** It is such a great resource."

— Amy, Healthy Families client

# Building a Strong, Welcoming Community for All Families in Our Region

NVFS clients are diverse. And so are their needs. See how NVFS works with Northern Virginians from all backgrounds to ensure they are able to create safe, vibrant, healthy futures in our community.

## NORTHERN VIRGINIA HAS THE FASTEST-GROWING

population in the state, and its diverse community is ahead of nationwide trends. Students at area schools represent nearly 200 countries. Minority-owned businesses comprise 41 percent of Fairfax County business. And Northern Virginia is projected to grow even more in the coming years, accounting for more than half the population growth projected for the state by 2040.

NVFS is prepared to meet those growing needs through our myriad programs, including:

- basic needs, legal assistance and mental health support at our Multicultural Center
- acculturation and reunification workshops provided to younger clients, in partnership with local schools, through our Youth Initiatives programs
- workforce training and language assistance through Training Futures.

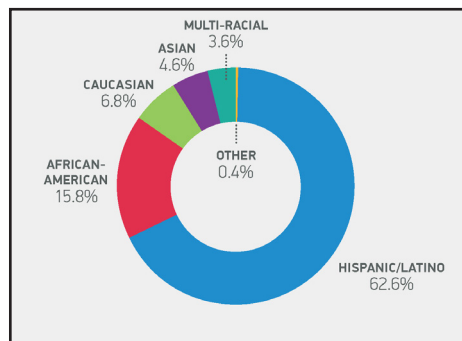
Through these services, NVFS ensures all families have access to appropriate support systems to create a healthy, happy life in Northern Virginia.

NVFS is uniquely equipped to provide multicultural services to this diverse community because of its comparably diverse staff. More than two-thirds of our 450-plus staff members identify as Hispanic, black, Asian or another non-white race, providing the multicultural perspectives needed to serve diverse populations. Our staff members speak a combined total of more than 11 languages, including French, Spanish, Amharic, Arabic, Farsi, Quechua and Mam, which allows us to effectively communicate

with families across the region.

Many of NVFS' services emphasize culturally appropriate programming to maximize their effectiveness. For example, Healthy Families' Perinatal Maternal Mental Health project increases access to culturally and linguistically appropriate mental health services for perinatal women who are at risk for depression. Participants are primarily from low-income Hispanic and African-American families experiencing multiple stressors in their lives. The effect: 95 percent of initial participants show improved depression screen scores, which helps not only the mothers' well-being, but that of their children.

## Racial and Ethnic Backgrounds of NVFS Clients



The Nationals donated 40 tickets to the Program for Survivors of Torture and Severe Trauma (PSTT) last July to enjoy a major American pastime.

## How Can You Help?

NVFS is always looking for assistance with its programs. Here are just a few opportunities to consider to get more involved:

- Are you bilingual? Consider volunteering as an interpreter to support our mental health services.
- Interested in getting clients ready for the U.S. corporate world? Help Training Futures clients prepare for interviews as a mock interviewer.
- Looking for a way to engage your entire family in giving back? Join the Village of Impact, NVFS' family-friendly giving program designed to engage families throughout Northern Virginia in volunteerism and community stewardship. Our next event will take place April 22, where we will discuss immigration. For more information on membership, visit [nvfs.org/village-of-impact](https://nvfs.org/village-of-impact), or contact Jen McCollum at [jmccollum@nvfs.org](mailto:jmccollum@nvfs.org).

Opportunities exist across the agency to deepen your impact. Learn more about how to get involved at [nvfs.org/volunteernow](https://nvfs.org/volunteernow).

## OUR IMPACT



**128 clients**

became U.S. citizens or  
U.S. permanent residents



**932 clients**

received services from NVFS  
Multicultural Center Mental  
Health practioners



**190 victims**

of torture, domestic violence, sexual  
assault or human trafficking  
received free legal representation



**100%** of clients had emergency  
needs met



**81%** of clients who received  
mental health services experienced  
a reduction in trauma symptoms,  
enhancing their well-being, self-  
efficacy and overall quality of life.



**600 clients**  
received case management and  
immediate needs assistance

1992 - 2017

**25<sup>th</sup>**  
**care**  
AWARDS  
ANNIVERSARY

PRESENTED BY  
NORTHERN VIRGINIA FAMILY SERVICE

## 2017 CARE Awards

The **CARE Awards** recognize Northern Virginia workplaces on the leading edge of change and innovation in providing family-friendly benefits and policies. Presented by Northern Virginia Family Service (NVFS), CARE is a natural extension of NVFS' mission to help all Northern Virginia families reach their full potential.

### CARE Award Winners Include:

- America Online, Inc.
- Booz Allen Hamilton
- Capital One
- ICF

See complete list at:  
[nvfs.org/care-honor-roll](http://nvfs.org/care-honor-roll)

Visit [nvfs.org/care](http://nvfs.org/care) for  
more information.

### Employee Well- being



### Workplace Flexibility



### Community Stewardship



**Applications are due Friday, May 12.**  
**Do you have what it takes to be a CAREing company?**

**SAVE THE DATE**  
**CARE Awards Breakfast**

Friday, Nov. 17 • 7:30 a.m. • Hilton McLean Tysons Corner



# 26th Annual Bowl-a-Thon Brings in \$60,000+ to Support NVFS' SERVE Campus

## THE STRIKES FOR STRONGER FAMILIES BOWL-A-THON, a

benefit for NVFS' SERVE campus, accomplished its goal and more. More than 200 bowlers from corporate, faith and civic partners participated in the event at Bowl America (9000 Mathis Ave., Manassas, VA), which included hours of bowling, raffles and more to raise funds for families in the Greater Prince William area.

NVFS' SERVE campus includes a 92-bed family shelter, 8,000-plus-square-foot Hunger Resource Center and Early Head Start classroom, as well as home-visiting services for our Healthy Families and Early Head Start programs. The funds raised at our bowl-a-thon contribute directly to the more than 9,600 individuals NVFS serves in Prince William County each year.

A special thanks goes out to our fundraising champions, as well as our sponsors:

- Samantha Meeks took home the Top Individual Fundraiser award this year. Meeks raised a total amount of \$1,845 in the run up to the 2017 Bowl-a-thon.
- This year's Top Community Fundraising award went to Brentsville Presbyterian Church. The group's fundraising efforts combined for a total of \$2,977 raised.
- Finley Asphalt & Sealing took home our Top Corporate Fundraising Team award this year, having raised a total of \$25,000.

Thank you to all who came out to support our SERVE campus and provide local families with a greater opportunity to achieve their full potential.



NVFS President and CEO Stephanie Berkowitz with Brentsville Presbyterian Church's Top Community Fundraiser team representative and Top Individual Fundraiser Samantha Meeks.



## 2017 Top Fundraisers

**Individual:** *Samantha Meeks*

**Community:** *Brentsville Presbyterian Church*

**Corporate:** *Finley Asphalt & Sealing*

## Special Thanks to Our Sponsors

Sweepstakes Event Sponsor: Miller Toyota

T-Shirt Sponsor: CustomInk

### Deuce Sponsors

CapTech • Finley Asphalt & Sealing

### Clutch Sponsors

Allstate: Christine Angles • Bob's Discount Furniture •  
Falon Sourcing Solutions LLC • The Waters Foundation

### Lane Sponsors

Aerojet Rocketdyne • Cox Farms • Dewberry • NOVEC •  
Park West Lions Club • Puffenbarger Insurance •  
Vulcan Materials Company

# Celebrating NVFS Volunteers

## Gratitude Grille

NVFS will celebrate the impact of its volunteers with its annual Gratitude Grille celebration. Join us for delicious grilled cheese sandwiches, fun family activities and the annual NVFS volunteer awards presentation. Lunch will be generously provided by Cabot Farmers' Gratitude Grille.

### Details:

Date: April 9, 2017

Time: 12:30-2:30 p.m.

The Lake House

11450 Baron Cameron Ave.

Reston, VA 20190

RSVP: Karen Horowitz, [khorowitz@nvfs.org](mailto:khorowitz@nvfs.org)



## NVFS Nominates Supporters for Volunteer Fairfax Awards

NVFS has the best volunteers in the area, and we love to recognize them for all their hard work. NVFS has nominated the following groups and individuals for Volunteer Fairfax's 2017 Service Awards for their outstanding support for our organization:

- Steve Gladis (NVFS Board Member)
- Anh Du (Multicultural Center)
- Patricia Marquez (Healthy Families-Springfield)
- Vienna Presbyterian Church

Our agency volunteer program has also been nominated. Winners will be announced at the Fairfax County Volunteer Service Awards Ceremony on Friday, April 21, 2017. Tickets are available at [volunteerfairfax.org](http://volunteerfairfax.org).

## The Impact of NVFS Volunteers



Volunteers  
spent  
**7,100  
hours**

sharing their compassion and  
skills with young children.

***"We are grateful for your willingness to share your time and talents to NVFS. Our clients thrive because of you and your investment in Northern Virginia families. Thank you for strengthening our community."***

***– Karen Horowitz, Director of Community & Volunteer Engagement***

## How Can You Celebrate National Volunteer Week?

Sometimes, life gets busy, which can make it hard to get out and volunteer. But you can still help out in your local community even from home.

Here are a few ideas to help you get started:

- **Post a positive review of NVFS on VolunteerMatch** – Share your volunteer experience on VolunteerMatch and encourage others to volunteer.
- **Make a batch of playdough** – Our Early Childhood programs use playdough to encourage fine and gross motor skill development.
- **Make a pinwheel** – April is also Child Abuse Prevention Month. Pinwheels symbolize the safe, happy childhood that every child deserves. Perfect for a family project to make and plant in your yard.
- **Post or tweet about NVFS** – You already like us on Facebook and follow us on Twitter. Take the next step toward advocacy and share NVFS with your contacts.



# Stay In Touch



Northern Virginia  
Family Service

## Upcoming Events

Gratitude Grille – April 9

Village of Impact Volunteer Day –  
April 22

Road to Independence Gala –  
May 12

CARE Awards Breakfast – Nov. 17

Visit [nvfs.org/calendar](http://nvfs.org/calendar) for more  
details.

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For the latest donation and volunteer  
needs, as well as general NVFS news,  
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