

NVFS Volunteer Voice - Oct. 2017



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How to Recognize Signs of Domestic Violence

Did you know that domestic violence affects approximately 1 in 4 homes in Northern Virginia? According to the Centers for Disease Control, 1 in 4 women and 1 in 9 men report experiencing

violence in an intimate relationship at some point in their life.

Learn how to recognize its signs and become familiar with the resources available to victims so that you, too, can advocate for victims and raise awareness to end domestic violence.

How to Help

Providing Training & Assistance to Neighbors in Need



Thank you to the many workshop leaders for our new cohort of trainees at [Training Futures!](#) From workshops like “The Power of Branding” to sessions devoted to workplace attire, the trainees are gaining knowledge that will benefit them in their professional careers for years to come.

Thank you to the volunteers from Leaseweb who came out to assist in organizing, packaging and distributing food at the Hunger Resource Center (HRC).

Ensuring Neighbors Have Access to Health & Well-Being Education

NVFS strives to ensure our clients are educated on health and wellness to promote long-term well-being. Thanks to Anita Eggleton from VCE, guests at the Hilda Barg shelter have consistent access to health information. Guests attend cooking demonstrations, as well as workshops on purchasing groceries for healthy meals on a minimal budget and on reading and understanding food labels.

“I really enjoyed this cooking and nutrition class with Anita,” shares a guest at Hilda Barg. “I enjoyed her as well, the advice and the knowledge on how to better approach healthy living. Such a joy to myself and my baby. We’d take her class again and again!”



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Top Volunteer Needs

Bilingual Food Assistance Client Intake
Manassas, Va.

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Food Recovery Driver
Manassas, Va.

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Greeter & Receptionist
Falls Church, Va.

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Empty Bowls: A Concert to SERVE Our Community



Empty Bowls is back – but with a twist!

Join NVFS at [Uptown Alley Manassas](#) on **Sunday, Oct. 22, from 2 – 5 p.m.** for [Empty Bowls: A Concert to SERVE Our Community](#).

This family-friendly event will benefit NVFS' SERVE campus, which provides tools and resources for families to build brighter futures in Greater Prince William.

A meal of soup, salad and bread is included with admission, and to kick the event up a notch, live

music will be provided by local rock and blues band, [Big Tow](#).

[Buy Tickets](#)

Supporting NVFS' Prince William Programs

A big thank you to Lou Maroon Golf Tournament volunteers! We could not have asked for a more fun, flexible and hardworking crew. Thank you for braving overcast weather and morning mist to support NVFS' SERVE Campus. The event raised approximately \$30,000, and you were a huge part of its success!



Thank you to the group of [Marines](#) from the Marine Corps University – Staff Noncommissioned Officer Academy for providing breakfast for Hilda Barg shelter guests. Guests especially loved the breakfast burritos!

Thanks also to Jose Palomo, who meets weekly with guests at the Hilda Barg shelter to discuss their professional ambitions, skills and next steps. As the founder and creator of his own business, Palomo is well-known around the shelter as the man who helps build self-confidence in guests and assists them in moving forward with their goals. Thank you, Jose, for your dedication to NVFS and Hilda Barg shelter guests.

Building Resiliency in Our Youngest Clients



[Loudoun Tribune.](#)

NVFS is thankful for our partnership with [100WomenStrong](#) of Loudoun County, Virginia, affording us the opportunity to offer our Early Childhood Education course "Here, Now and Down the Road," which helps Loudoun County parents learn how to foster resilience in children ages 0-5.

"We don't want to wait until a child is a high schooler to say, 'Hey, we could have done this earlier,'" says Shereen Ali, NVFS director of early childhood programs, in an interview with the

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Top Donation Needs

NVFS' [Operation Turkey](#) drive is right around the corner. See how you can help ensure that families have an opportunity to enjoy a festive Thanksgiving meal.

Other key needs at our shelters:

SERVE Family Shelter: Infant and toddler clothing (up to size 4T), toilet paper, paper plates, Target and Walmart gift cards, diapers and wipes

Hilda Barg Homeless Prevention Center:

Sheets and pillows, lightweight blankets, kitchen items (e.g., pots, pans, small appliances), shower curtains and liners, air mattresses, new socks and underwear for men, women and children



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Events & Opportunities at NVFS

**Empty Bowls: A Concert to
SERVE Our Community**
Sunday, Oct. 22

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**CARE Awards
Breakfast**
Friday, Nov. 17

[Read More](#)

Spread Holiday Cheer!
Operation Turkey
Gifting for Families

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Northern Virginia Family Service
10455 White Granite Dr Ste. 100, Oakton, VA 22124