

NVFS Insider: How Financial Wellness Leads to Stable Housing



Northern Virginia Family Service <info@nvfs.org>

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Plus: Why Families Are Joining Village of Impact



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Stability and Progress Achieved Through Financial Education

Financial life skills workshops at NVFS' SERVE Family Shelter provide guests with tools they need for a strong financial foundation.

Wellness usually calls to mind activities such as fitness and healthy eating. It can apply to your finances, though, too — especially when they become a source of stress.

January is Financial Wellness Month, and guests at NVFS' SERVE Family Shelter are receiving an in-depth, four-week course on all things finance, including topics such as getting yourself out of debt, the importance of good credit, how to create a spending plan and setting goals for financial wellness. See how this education can help guests not only improve their finances, but plan for next steps toward permanent housing.

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Capital One Makes An Impact On Training Futures With Future Edge Initiative



Between volunteering at Head Start, supporting NVFS' Road to Independence Gala and being a hands-on provider to our Training Futures program, Capital One's involvement with NVFS over the years has grown into a valuable partnership.

Capital One's involvement in ensuring everyone has the ability to achieve a lifetime of success has played a pertinent role in NVFS' Training Futures program, particularly through Capital One's Future Edge initiative, which empowers more Americans to succeed in the digital economy.

"NVFS' Training Futures workforce development program perfectly aligns with Future Edge," said Kai Evans of Capital One. "[Capital One's] partnership with NVFS allows us to leverage financial resources and associate volunteer engagement to move the needle of opportunity economically disadvantaged and underemployed, high-potential adults."

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Join the Village To Make a Lasting Impact

[Village of Impact](#) is a unique giving society that goes one step further in community stewardship by engaging and educating family members of all generations throughout the year. Members not only

participate in joint volunteer activities to encourage the value of service, but are able to spark a dialogue among themselves and their children on important issues in our community.

“We joined Village of Impact because it’s something we can take our daughter to,” notes member Nick Vaka. “We want her to be able to give back to her community and see that not everyone was born with the advantages that she was born with. We want her to have an outlet where she can go and make a difference for somebody else.”



See how members made an impact this month through their Martin Luther King, Jr Day of Service activity and how you can join.

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Top Volunteer Needs

Macy’s Closet Organizers

*Manassas, Va. &
Woodbridge, Va.*

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Job Coach

*Manassas, Va. &
Woodbridge, Va.*

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Food Recovery Driver

Manassas, Va.

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NVFS in the News



NVFS Vice President of Programs Lorena McDowell and NVFS SERVE Shelter Director Debra Rapone were glad to provide insights to *LocalDVM.com* into the challenges surrounding winter homelessness and how community members can help. [See more >>](#)

Before the Virginia General Assembly began its 2018 session, speakers from several social service organizations, including NVFS, urged Fairfax County representatives to consider the needs of the community’s less fortunate. [See](#)

[more >>](#)

Top Donation Needs

Our most-needed donation items currently include toilet paper, paper towels, diapers sizes 4 – 5 and disposable plates for our SERVE Family Shelter.

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Events & Opportunities at NVFS

Training Futures Graduation Celebration

Friday, Feb. 9

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Strikes for Stronger Families Bowl-a-thon

Saturday, March 10

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Road to Independence Gala

Friday, May 11

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