



NORTHERN VIRGINIA FAMILY SERVICE

INVESTING IN FAMILIES
STRENGTHENING COMMUNITIES

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Understanding the Heart Behind Social Work

Sharing insight on three common misconceptions about social work, and the important role social workers play in advocacy and support of our neighbors

Social work, despite being a widely recognized field, is quite often misunderstood, which can yield a few misconceptions. With March being National Social Work Month, we wanted to shine a light on a career that 650,000 people in our country, including many of our talented staff members, have dedicated their lives to and bring awareness to the heart behind the work.

See how passionate NVFS employees support our clients by using social work best practices to help them build better futures.

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Sharpening Skills and Uplifting the Community Through Volunteering

"It's great to be a part of a community that cares for one another; one where we each do our part to give what we have to offer to make things better for others."



Thank you to **Stephanie Whittle** for sharing your talents with NVFS! As an administrative volunteer, Whittle has been assisting NVFS while simultaneously honing her skills before re-entering the workforce. "Volunteering has not only helped me achieve my personal goal of enhancing my skills, but has also given me the opportunity to learn more about the range of needs in Northern Virginia," she says.

Learn about her transition from stay-at-home mom to dynamic volunteer and why she chose NVFS.

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Top 3 Volunteer Needs

Daytime Van Driver

[Manassas, Va.](#)

[Woodbridge, Va.](#)

Yard Sale Volunteer

[Centreville, Va.](#)

[Falls Church, Va.](#)

Food Recovery Driver

Manassas, Va.

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Spreading the Love Through a Meal



1-833 Buy Eggs celebrated Valentine's Day at NVFS' SERVE Family Shelter by spreading the love through a delicious meal. The company generously donated 360 eggs for guests to enjoy throughout the week for breakfast, as well as cooking and serving a meal to them in celebration of Valentine's Day.

1-833 Buy Eggs President Gaddafi Ismail says, "As a local food distributor, 1-833 Buy Eggs believes the way to a person's heart is through their stomach, which is why we choose to volunteer with NVFS and show our love and support for families in need by providing a

good meal and donating our farm-fresh eggs. We were really humbled by the experience and wish to continue doing this."

Thanks, 1-833 Buy Eggs!

Additional Thank You's

Thank you to volunteers from both **Hogan Lovells** and **Northern Virginia Community College** for volunteering at NVFS' Clock Tower Thrift Store in Falls Church. Your help organizing the store was much appreciated by our staff and customers alike!

Thank you to **Heaven's Smiles Foundation** and **Healing Hands Christian Ministries** for preparing and serving a dinner to SERVE Family Shelter guests on President's Day. We appreciate you dedicating your day off to serving our community.

Thank you to **Parties 2 Inspire**, which threw a "Love 2 Party" fiesta at the Hilda Barg Homeless Prevention Center this past month. Hilda Barg guests enjoyed the games, dancing, music and food.



Corporate Groups Needed for Volunteer Activity

Is your company looking to make an impact within our community? Volunteer with NVFS! Multiple corporate groups are requested to assist with the moving of NVFS' [Training Futures](#) professional clothing closet from its current space in Arlington to our new location, also in Arlington. This is a huge undertaking, and we could use your help! Dates and times:

- Wednesday, March 14, from 9 a.m. – 2 p.m. (2-3 volunteers needed)
- Thursday, March 15, from 9 a.m. – 2 p.m. (2-3 volunteers needed)
- Monday, March 26, from 9:30 a.m. – 12:30 p.m. or 1 – 4 p.m. (8-10 volunteers each shift)
- Tuesday, March 27, from 9:30 a.m. – 12:30 p.m. or 1 – 4 p.m. (8-10 volunteers each shift)

If you want to help or have questions, please contact Karen Horowitz at khorowitz@nvfs.org. Thanks in advance!

More Volunteer Needs

**Clothing Closet
Volunteer**
Arlington, Va.

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**Interpreter (Spanish,
Arabic, Amharic & more)**
Falls Church, Va.

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**Head Start
Classroom Volunteer**
Arlington, Va.

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**Client Intake for
Food Assistance**
Manassas, Va.

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**Children's Activities
Specialist**
Woodbridge & Manassas, Va.

[Read More](#)

**Shelter Meal
Provider**
Manassas, Va.

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Top Donation Needs

Family Shelters

- **SERVE** – board books, batteries, art supplies, card stock, plastic Easter eggs and Easter egg fillers, diapers, wipes, onesies, blankets
- **Hilda Barg** – diapers in sizes 3 and 4, wipes, pull-ups, women’s deodorant, mouthwash, full-size body lotion, hair pins and clips for women and children



Head Start – Play Dough, bubbles, outdoor games, arts and crafts supplies and activities, size 5T pull-ups for both girls and boys

Hunger Resource Center – pasta sauce, boxed cereal, 100 percent fruit juice, canned fruit, rice, boxed potatoes

Training Futures – Give the gift of office supplies to incoming Training Futures trainees through purchasing items via our [Amazon Wishlist](#) or sponsor a trainee to get their Microsoft Office certification. To sponsor a trainee, contact [Karen Horowitz](#).

For a complete list of NVFS needs, please see our [wishlist](#).

[See More Donation Needs](#)

Events & Opportunities at NVFS

Strikes for Stronger Families Bowl-a-thon
Saturday, March 10

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Village of Impact Service Day for Families
Saturday, April 7

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Road to Independence Gala
Friday, May 11

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