
NVFS Insider: Helping Trauma Survivors Rebuild Their Lives



NORTHERN VIRGINIA FAMILY SERVICE INVESTING IN FAMILIES
STRENGTHENING COMMUNITIES

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The Importance of Hope for Survivors of Torture and Trauma

June 26 marks the United Nations' **International Day to Support Victims of Torture and Trauma** — atrocities that affect numerous people, many civilians, across the world. Exact numbers are hard to place, although a 2015 meta-analysis by the Center for Victims of Torture estimates that 44 percent, or about 1.3 million, of refugees and asylees entering the United States each year have been affected. The effects of these experiences are severe, deep-seated and enduring. Oftentimes survivors feel lost and are in need of assistance to regain the hope to move forward.

This spring, several NVFS staff members were actively involved in the **National Consortium of Torture Treatment Programs (NCTTP)** Annual Research Symposium to provide insights into the challenges asylum seekers face from both a mental health and legal standpoint. [Learn more](#)

about these challenges, and how NVFS is helping survivors to regain hope and help them move forward.

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Flexing Imaginations and Promoting Corporate Social Responsibility with CapTech



CapTech employees not only have a passion for technology, but they have a heart for service as well.

“Our core value of servant leadership translates to empowering others by putting their needs first,” Senior Consultant Andreea Linte said. “This permeates our organization and the way we impact each other, our clients and our community.”

After discovering Northern Virginia Family Service (NVFS), CapTech knew it had found a volunteer community that aligned with its values and purpose. Since then, it has partnered with us on numerous activities, from streamlining internal communications platforms to science activities for our Head Start students. We look forward to partnering with CapTech again for its upcoming field day event at our Head Start center.

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NVFS’ Healthy Families Alexandria Celebrates 25 Years of Impacting Local Families

Since 1993, **Healthy Families Alexandria**, a program of Northern Virginia Family Service (NVFS), has served nearly 6,000 families in the city of Alexandria through voluntary home-visiting services to first-time parents to promote healthy child development and prevent child abuse and neglect. Supporters — who have helped supply the program with basic needs, such as diapers and cribs, as well as educational resources for new parents to develop their parenting skills — gathered at St. Paul’s Episcopal Church on May 21 to celebrate the program’s impact.



“When I got pregnant with my first child in 2001, I had never even held a newborn baby, and I was scared because I didn’t have any family in the area,” shared keynote client speaker **Glenda**

Salmeron, now a family support worker with NVFS' Healthy Families Prince William program. "Healthy Families Alexandria was there during one of the most important moments of my life."

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Is your family looking for a way to make a lasting impact?

Join the Village of Impact!
Tackle family-friendly service projects. Understand key social issues. Improve the lives of local families in need.

Next event: Aug. 11 in Chantilly, VA

Join Today



Leading the Conversation on Social Determinants of Health with Comcast Newsmakers



NVFS Director of Health Access and Nutrition Services **Andrea McIntyre-Hall** discussed how social determinants of health affect our neighbors in Northern Virginia and what NVFS is doing to combat these effects in an interview with Comcast Newsmakers.

"We try to look at what each individual needs in order to get them to a point where they thrive," said McIntyre-Hall.

Social determinants of health consist of not only having access to healthy food, a place to live and adequate health care, but factors such as the walkability of your neighborhood, commute to and from work and having a network of support to rely on during times of need.

[Watch the Interview](#)

Recognizing and Raising Awareness for Suicide Prevention at SPAN

NVFS Mental Health Therapist **Saara Amri** and Clinical Program Manager **Hiyawkal Gizachew** presented at a **SPAN** (Suicide Prevention Alliance of Northern Virginia) workshop panel on assessing for suicide risk in a multicultural context, including how to recognize and respond to suicidal risk in older adults and what emergency psychiatric resources are available across the region.



Thank you to SPAN and **Fairfax-Falls Church Community Services Board** for the opportunity to shine a light on suicide awareness and prevention.

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Top Volunteer Needs

Back-to-School Volunteers
Supply Donation Site
Starts Aug. 2

Chantilly

Classroom Volunteers
NVFS Early Head Start
Ongoing

Arlington

Thrift Shop Volunteers

Falls Church

Centreville / Manassas

Top Donation Needs

Hunger Resource Center: Flour, sugar, salt, pepper, cooking oil and spray, canned fruit, boxed potatoes, canned meat

SERVE Family Shelter:

- Urgent needs: Pillows, bus tokens, toilet paper, paper towels, gift cards in \$10 increments, cleaning supplies, diapers for all sizes (especially sizes 3 and 4), Pull-Ups, wipes
- Ongoing needs: Double and single strollers, welcome home baskets (kitchen tools, cleaning supplies, sheets, and towels), air mattresses, lamps and kitchen items (pots and pans, plates, silverware, small appliances), diapers (size medium – adult), art supplies, face paint, toiletries, feminine hygiene products, new bras



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Events & Opportunities at NVFS

Back-to-School Drive
Now through August

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Yard Sales Benefiting the Community
Now through August

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Foster Parent Training Sessions
Sept. 15, 22 and 29

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