

NORTHERN VIRGINIA FAMILY SERVICE

INVESTING IN FAMILIES
STRENGTHENING COMMUNITIES



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2019 Road to Independence Gala Recap

At our annual Road to Independence Gala, we celebrated the collective impact our donors, partners, and volunteers have on our community.

On Friday, May 10, there was something else, something very palpable, in the ballroom that night. It was a feeling best summed up by Karine Lawson – who shared her story of being a foster parent. Karine was nervous about appearing in front of hundreds of people. Yet, she left the event on Friday with a very different feeling. "Being a foster parent can be a lonely experience," she told me. "Being at the Gala, I realized I'm not alone. Here I was in a room of strangers, yet connected to people who care as much about their neighbors as I do."

That night was a joyful reminder of how – **together – we are breaking down barriers so that children and families can thrive and reach their fullest potential.** [Families like Sultana's, Kris and Carrie's, and Lina's featured in this year's Road to Independence video.](#)

To all of our amazing supporters, [sponsors](#), and volunteers, thank you for creating opportunity, building prosperity, and fostering human potential.



[Please click here to see the full album on our Facebook page >>](#)

Be a hero all year long.

Become a monthly donor for just 83 cents a day. Together, we will build a brighter future for our community.

Donate Today

"Being a mom with children, I don't focus on my own needs. I am grateful to have a chance to have an important need met."
— Guest at the SERVE family shelter

BRAWS Distribution Day at SERVE



Typically, undergarments and menstrual supplies are some of the least donated items at shelters. Thanks to [BRAWS \(Bringing Resources to Aid Women's Shelters\)](#), 16 women walked away with

two new bras and a week's worth of new underwear.

This is the fourth time BRAWS has partnered with the SERVE Campus to bring these much needed items. At each event, women and young girls from the SERVE family shelter and

the wider community can receive free fittings and take home brand new items. Thank you BRAWS! We look forward to seeing you again in August.

Spring2ACTion a Win for Alexandria Families!

Amazing generosity from the community helped [Healthy Families Alexandria, a program of NVFS](#), raise nearly \$25,000 in 24-hours. This money will help families:

- Learn strategies to promote positive, nurturing parenting
- Access mental health counselors in their native language
- Develop strong bonds with their children

"I'd like to express our gratitude for the incredible generosity of the Alexandria community and our matching sponsors! The dedicated staff works tenaciously to provide parents with the support and resources they need to create healthy homes and to advocate for their child's needs." - Tracy Nickelsburg, Chair of the Advisory and Development Board for Healthy Families Alexandria



Thank you to all of our donors, new and old, and our matching sponsors, the Mason Hirst Foundation and Bruhn-Morris Family Foundation for making this day a huge success for families in Alexandria!

2019 CARE Awards Nominations Close May 31st

Workplace Flexibility Employee Well-Being Community Stewardship

care AWARDS

NVFS
Northern Virginia Family Service

The banner features a teal header with the text '2019 CARE Awards' and 'Nominations Close May 31st'. Below the header, there are three categories: 'Workplace Flexibility', 'Employee Well-Being', and 'Community Stewardship'. Each category is accompanied by a circular image showing people in various settings. On the left is the 'care AWARDS' logo, and on the right is the 'NVFS Northern Virginia Family Service' logo.

Nominations close May 31st - [Apply today!](#)

The CARE Awards recognize outstanding companies proactively making our region a better place for everyone to work, live, and play. Applications are evaluated on the quality and scope of policies and programs in the categories of flexible work arrangements; dependent care; work/family stress management; and benefits and community involvement. [Click here](#) to learn more about the evaluation process and to apply today!

Impact of Perinatal Maternal Mental Health Funding



Healthy Families, a program of NVFS, provides evidence-based home-visiting services to vulnerable parents — new or expectant — across the region. Home visits occur from pregnancy or

soon after delivery until three to five years after birth. The goal is to promote child well-being and prevent child abuse and neglect.

Three years ago, Healthy Families received funding to increase access to culturally and linguistically appropriate mental health services for perinatal women identified at risk for depression. Over the last three years, one of the most significant benefits to having an embedded therapist within the long-term home visiting program is the ongoing support the families receive before, during, and after the counseling sessions. The collaborative effort between the counselor and home visitor has amplified the specialized work of each with significant benefit to the families. Mothers have reported that they learned new coping strategies for their depression and anxiety, how to better communicate with their spouse and children, and stop patterns of dysfunctional behavior.

A promotional banner with a red and white color scheme. On the left, there is a logo for 'More 24' with the tagline 'One day. Our community.' and a 'DONATE NOW' button. On the right, the text reads 'MAY 22-23 | Noon - Noon' and '#ReclaimKindness' in large white font on a red background.

We are recruiting Summer Camp Counselors!

Do you like working with children? Do you want to make sure children have the best summer possible regardless of their means? The NVFS SERVE Family Shelter is looking for volunteers to make fun summer experiences for school-age children staying in our shelter. Volunteers will assist in planning, implementing, leading and/or assisting with

activities for children ages 5-12. Camp runs Monday through Friday from 9am to 12pm from mid-June to mid-August. [Sign up today >>](#)

Top Volunteer Needs

Food Recovery Driver

SERVE Campus

[Manassas](#)

Summer Camp Counselor

SERVE Campus

[Manassas](#)

**Bilingual
Receptionist**
Multicultural Center

[Falls Church](#)

Top Donation Needs

SERVE Campus (general): board books (for summer literacy program), clothing (up to 5T), diapers, wipes, crayons, construction paper, glue, cereal, canned fruit, canned ravioli, canned beans, granola bars, flour, sugar, cooking oil, boxed meals

SERVE Family Shelter: disposable plates/utensils/cups/napkins; air mattresses; diapers size 5; wipes; laundry detergent; laundry baskets; paper towels; cleaning products; full-size lotion/body wash; men's and women's deodorant; bus tokens/transportation passes; shower shoes (flip flops in child and adult sizes); pens/notebooks; gift cards to Target/Walmart to purchase non-slip shoes/black pants for work



Training Futures: Check out our Amazon wishlist [here](#).

A complete wishlist of items can be found [here](#).

[Read More](#)

Corporate Spotlight: The Adopt-a-Family Foundation



The Adopt-a-Family Foundation (AAF) aims to support individuals and families in temporary hardship due to emergencies like illness or job loss with the resources needed to recover from the event. Since 1996, AAF has provided direct assistance to families participating in NVFS programs. Each quarter, NVFS case managers submit applications for families in crisis to an AAF review team who selects one or two recipients that will receive resources from the foundation for that round of support.

This past quarter, two families received more than \$10,000 in financial assistance. Both of the clients had unexpected, significant expenses, with one struggling

to pay car repairs after an accident and another who needed extensive dental work as a result of fall. Thanks to funding from the foundation, these critical expenses were taken care of, and the impact on each family's financial stability was limited.

AAF is an employee-managed community support organization of the National Rural Utilities Cooperative Finance Corporation, and has been a longtime and critical supporter of NVFS' work in the Northern Virginia community. The foundation also makes quarterly donations to NVFS' Hope Fund, which distributes the money to areas with the greatest need, as well as conducts annual food and toy drives that benefit NVFS programs. We are so grateful to AAF for their support of our families!

Events & Opportunities at NVFS

**Village of Impact
Virtual Service Day**
May (moved from April)

[RSVP to Karen Horowitz](#)

Back2School Drive
June - August

Details coming soon!



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