

NVFS INSIDER



Monthly Newsletter of Northern Virginia Family Service

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Way to Show Your #Natitude for NVFS

You, our hometown crowd, inspire us every day.

Thank you for giving generously, tweeting and sharing repeatedly, and believing passionately in a future where everyone can fulfill their potential.

We are honored and proud to report that **you helped us unlock the \$25,000 match** from the Washington Nationals Dream Foundation by contributing over \$32,000. Thanks to your generosity, this holiday season we will feed hungry neighbors, house homeless families, train a workforce, keep homes heated, reunite families torn apart by violence, and reignite hope in the darkest of times.

This is a **big win for the children and families we serve**, and we look forward to many more victories together! Thank you!



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



Your Dollars In Action: Nina's Story



When Nina* was diagnosed with colon cancer, everything changed. Chemotherapy destroyed Nina's immune system to the point where she couldn't be near her children for fear of catching a bug. Her husband Amir* became not only the breadwinner, but also the caregiver. He took over running school pickups and drop-offs, cooking meals, and all the household chores. This also meant Amir wasn't able to work as many hours. Less money, no childcare, and mounting medical bills nearly extinguished all of their hope. In their greatest moment of

need, you were there. Gifts from compassionate donors like you paid for the childcare and medication Nina needed. With the kids taken care of, Amir picked up more hours at work while Nina focused on beating her cancer. Because of you, Nina and Amir's family found a reason to hope again.

*names changed for confidentiality



December Village of Impact Recap

Last Saturday, families and children gathered for December's Village of Impact service project. The day began with making no-sew blankets for young kids and holiday decorations to spread cheer and merriment. Following that, Nanci Pedulla, NVFS director of Healthy Families, led a discussion on NVFS' child abuse prevention and intervention efforts in our community. For anyone unable to attend, below are some resources from our wonderful partners, SCAN of Northern Virginia.

[ACEs, Stress and Children](#)

[Reality of Family Separation](#)

[Holiday Stress & Solutions for Parents](#)



Partner Spotlight: SweetSpace, LLC



JOIN US in transforming THIS basement into an awesome space for kids and teens to hang out!

We want to give this amazing family, who has fostered and adopted numerous children, a place for their kids and the ones they welcome to feel special and thrive!

We need **YOUR SUPPORT** to make the new design happen and give this family the "AFTER" they deserve! All donations will go to the purchase of furniture and products for this space!



Northern Virginia Family Service (NVFS) is teaming up with [SweetSpace](#), a local interior design studio, to give one NVFS foster family a much needed room make-over next Spring. Elisa Baber, owner of SweetSpace, will transform a family's room into a functional, comfortable, and fun space where foster kids and their family can thrive!

Top Volunteer Needs

Food Recovery Driver - SERVE Campus

Shelter Passenger Driver - SERVE Shelter

Shelter Meals Provider - SERVE Campus

Children's Activities Specialist - SERVE Shelter



Top Donation Needs

SERVE Campus (general): winter coats, winter hats, baby blankets, diapers (size 2 or larger)

Hunger Resource Center: Cereal, flour, sugar, cooking oil/spray, non-meat protein options, low-sodium canned goods, gluten free foods

SERVE Family Shelter: Diapers (size 3,4,5), baby wipes, air mattresses, queen sheet sets, bed sized blankets, full size hygiene items (shampoo, conditioner, body wash, lotion, deodorant), baby wash/baby lotion, baby blankets, new/gently used baby and children's clothes, new pillows, disinfecting wipes

Training Futures: 3-ring binders, flash drives, mouse pads

General: diapers (3-9 months), sand blocks, music sticks, slip whistles, socks and undergarments (kids sizes 0-5), toiletries, pajamas (kids sizes small - large), blankets

Here is a complete **wishlist of items**.

Events & Opportunities at NVFS

Strikes for Stronger Families Bowl-a-Thon: Saturday, March 7, 2020

National Volunteer Week: April 19-25, 2020

Village of Impact: April 2020

Road to Independence Gala: Friday, May 8, 2020



Northern Virginia
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