



NORTHERN VIRGINIA
FAMILY SERVICE

at 100
there to meet
the moment



"I doubt the founders 100 years ago thought that their little gesture of good will would end up impacting our whole community. But here we are 100 years later. We honor that legacy and the founders by dedicating our efforts to continue to be a source of stability, reliability, and resources for individuals and families."

Casey Veatch

Longtime NVFS supporter and former Board Member





NORTHERN VIRGINIA
FAMILY SERVICE

100th

About Northern Virginia Family Service

NVFS is commemorating an important milestone in our history—our 100th year of service to the Northern Virginia community. Whether it means offering families emergency food or housing, helping children get ready for kindergarten, connecting parents to stable jobs, or providing mental health counseling, NVFS works toward a future in which every person in our community has the access, support, and resources they need to reach their full potential. NVFS is the largest organization of its type in Northern Virginia, with an unparalleled scale of impact.

Mission

Northern Virginia Family Service's (NVFS) breadth, depth, and scope of services offer the resources and support to ensure that everyone in need, at every stage of life, maximizes their potential and fully contributes to a thriving community. We provide the essential building blocks for financial, emotional and physical well-being, serving as leaders and innovators for the Northern Virginia community. Every year, our services have an impact on more than 40,000 individuals. With these essential resources, our community is better equipped for future success and engagement among all of our neighbors.

Inclusion, Diversity, Equity, and Anti-Racism (IDEA)

NVFS is committed to integrating principles and strategies of inclusion, diversity, equity, and anti-racism (IDEA) into every aspect of service and partnership with transparency, accountability, and care. Our NVFS IDEA values center human dignity and collaborative relationship building, and are grounded by a commitment to institutional, systemic, and structural change.



Foundational IDEA Values

NVFS honors the inherent dignity, rights, value, and strengths of every individual, community, and family.

NVFS strives to be person-centered, collaborative, and creative in its work, innovation, practice, and program design.

NVFS believes in the centrality of relationship and relationship building in every aspect of its work and community partnerships.

NVFS values diversity and commits to cultivating an organizational culture and climate of inclusion, equity, and belonging for all employees, partners, and stakeholders.

NVFS is working to embed transparency, accountability, informed decision-making, and the practice of cultural humility in all aspects of its work.





A letter from our President

Stephanie Berkowitz
NVFS President & CEO

In 1924, a few volunteers came together to collect coats and coal to help their neighbors through the cold, harsh winter. They saw a need, and they responded.

One-hundred years later, our 350 staff members serve more than 40,000 of our neighbors each year throughout Northern Virginia. While our work has become more complex, our mission endures.

- For decades we have pioneered responses to community crises, from the September 11 terrorist attacks to government shutdowns and economic downturns and through the pandemic.
- Throughout the years, we have innovated solutions and worked to end homelessness, address food insecurity, and advance the health and economic well-being of individuals and families.
- Through mergers and strategic partnerships, we have ensured that critical services have remained available to our neighbors.
- Today, our NVFS team members speak over 16 languages and have a variety of professional and lived experiences that enable deep community and client relationships.

In addition to expanding our services for the past 100 years, we have also expanded our partnerships. Public, private, and philanthropic partnerships fuel innovation and opportunity, and we recognize that the businesses that support us, the organizations we partner with, their employees, our employees, our clients, and our volunteers are not just located in our community, they are part of our community.

Together, we continue to answer that call from 1924, while we have grown far beyond our start of coats and coal. From our early days to the entrepreneurial spirit we bring today, NVFS continues to address some of our region's greatest challenges.

None of this would be possible without your continued support. Because of you, NVFS is able to provide critical support and services, and create pathways to health and economic wellbeing for thousands of our neighbors.

Thank you to our generous donors, our corporate and philanthropic community, and government partners.

Thank you to our devoted staff, volunteers, and board members. Together, you have been there to meet the moment.

As we look ahead, let's rededicate ourselves to ensuring that all families in Northern Virginia have pathways to health and economic well-being—now and for generations to come.

A handwritten signature in dark blue ink, appearing to read "Stephanie". The signature is fluid and cursive, with a large initial 'S'.

Who we serve

In FY24, we had a positive impact on more than 40,000 people and their families.



ANTI-HUNGER



CHILD WELLBEING



COMMUNITY
HEALTH EQUITY



COMMUNITY
IN REACH



EARLY
CHILDHOOD
EDUCATION



HEALTHY
FAMILIES



HOUSING AND
HOMELESS
SERVICES



IMMIGRATION
LEGAL SERVICES



MENTAL
HEALTH

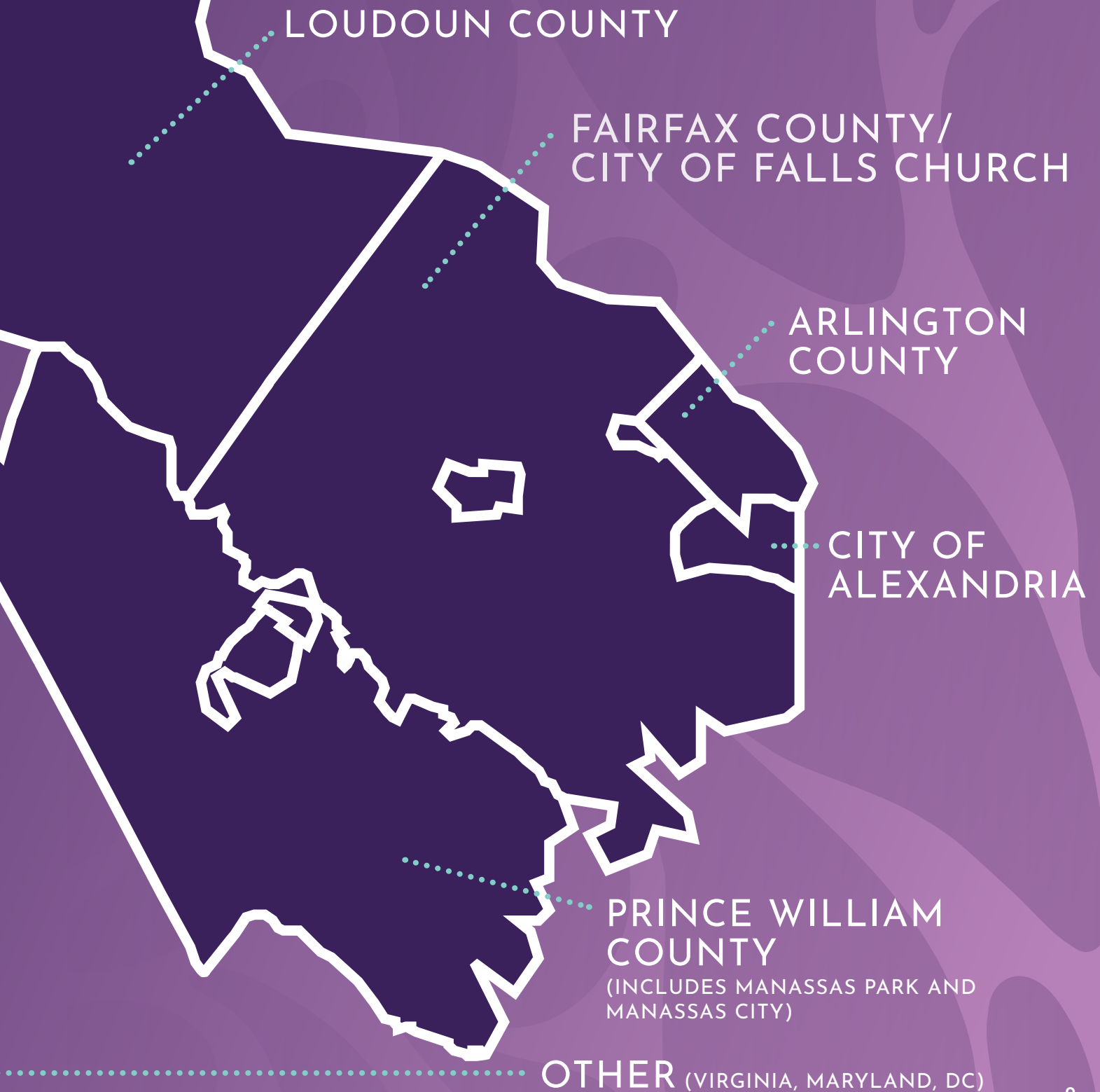


WORKFORCE
DEVELOPMENT



YOUTH
INITIATIVES

Geographic snapshot



Our history

In 1924, Northern Virginia Family Service was founded (under the name United Charities of Alexandria) when a group of volunteers in Alexandria, Virginia, responded to the needs of their neighbors by distributing coats and heating coal during the cold winter months. Our original mission was to help relieve poverty. To do that, money was collected from churches, organizations and money boxes placed in public settings. A weekly stipend of \$2 was given to an unemployed person and a family needing food got \$5 a week.



Minutes from our board meetings in the 1920s and 30s describe scenes reminiscent of the Great Depression. We had people going without food who were being thrown out in the streets with no medical care.

From those humble beginnings, NVFS has grown to vastly expand its services and the areas it supports, serving more than 40,000 individuals a year. Over time, we have enhanced our focus to support groups that are disproportionately impacted.

NVFS has channeled its efforts toward communities with historical disadvantages, first generation Americans and single parents, providing access to healthcare, basic needs, stable housing, and many other services.



Today, our service area spans 1,300 miles, covering all of Northern Virginia's counties—Arlington, Fairfax, Loudoun, and Prince William—as well as the cities of Alexandria, Falls Church, Manassas, and Manassas Park. We have continually evolved partnerships and programs that utilize a wraparound approach in support of individuals and families who have encountered inequitable opportunities for advancement.

Looking back, we tend to think of the Depression as a dark cloud on our nation's economic and social well-being. The fact is many of the same social problems and human needs still exist today. But so does our unwavering commitment to come up with innovative and creative solutions in support of our neighbors.



*For 100 years, we have been
there to meet the moment.*

Our impact over 100 years

Services expand to include **job training, medical care access, positive youth mentoring, early childhood services, and child abuse prevention programs.**

1990s



NVFS leads the **Survivors' Fund Project**, providing trauma recovery services to September 11th victims of the Pentagon attack, first responders, and their families.

1980s

New services are created, including the **Neighborhood Development Program**, which helps tenants with landlord disputes and works on legislative issues.



NVFS helps parents and youth dealing with **substance use**. Staff supports the **resettlement of Vietnamese refugees** and launches the **special foster care program**.

1970s

2001

1964

1950s

The organization adds **case management services** and develops **partnerships with local school districts**.



1940s

United Charities of Alexandria becomes Alexandria Family Service to reflect expanding programs including a free school lunch program, day nursery for working parents, legal services, and a mental health clinic for those facing challenges after World War II.

1930s

United Charities of Alexandria provide children with a **safe place to live**, and **community members with rent and utility assistance, dental and health care**. With the Great Depression increasing need, the organization redefined its mission to focus on the care of neglected children.

1924

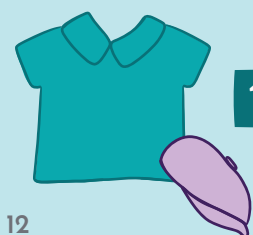
Overwhelming need in Alexandria for food, clothing, and fuel spurs the **founding of United Charities of Alexandria** (NVFS' original name) by community residents.



Northern Virginia Family Service

Family Service of Northern Virginia and Alexandria Family Service merge to form Northern Virginia Family Service. The NVFS service area grows beyond Alexandria to include the counties of Arlington, Fairfax, Loudoun, and Prince William.

FOR RENT





NVFS founds the **CARE Awards** to encourage employers to adopt family-friendly policies, a concept ahead of its time.

NVFS celebrates

100 years of service



and is honored to support people on their **journeys to stable and thriving futures.**

1992



NVFS starts **Training Futures**, a workforce development program helping people learn new skills, grow their careers, and build economic stability to care for themselves and their families.

1996



Through a merger with the Center for Multicultural Human Services, the **NVFS Multicultural Center launches**, ensuring important services for immigrant communities. Eventually, the Multicultural Center grows into a robust array of programs that includes access to basic needs, mental health supports, and immigrant legal services.

2008



2022

NVFS launches the **Community In Reach** service area to work alongside residents and trusted partners to **build community resiliency and surface critical needs** in disinvested Northern Virginia communities.

2009

NVFS and SERVE Inc. merge to create a continuum of human services designed to move families out of homelessness and poverty toward greater independence.

2020

NVFS responds to the **COVID-19 crisis** by distributing **more than \$5M** to more than **1,000 families** and expanding mental health supports across service areas.

2013

NVFS' **Georgetown South Early Childhood Development Center** becomes the first center in Virginia to earn a **five-star rating**, the highest designation available from Virginia Star Quality Initiative. Additional NVFS centers will receive the same designation in 2016.

2012

The **Hispanic Committee of Virginia** and NVFS merge, expanding NVFS' capacity and further integrating programs like **housing stability, case management, financial literacy, immigration legal assistance, and small business development** into NVFS' array of services.

NVFS's *impact in our 100th year*



Over the last 100 years, we have had the honor of serving hundreds of thousands of people—bringing positive impacts to the lives of more than 40,000 individuals in the past year alone.

Thanks to the support of *you*, our donors, supporters, and community champions, in our 100th anniversary year:

We opened a new Early Head Start classroom on our NVFS SERVE campus, laying an educational foundation for 26 children ages zero to three years old.



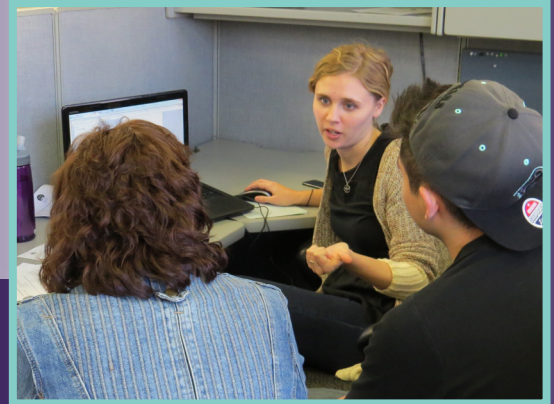
Our Training Futures graduates increased their earnings by an average of 64 percent, setting their families on a path toward economic security.

We provided mental health education and training to nearly 700 community professionals.



Through our Community In Reach services, we are reaching residents in historically disinvested neighborhoods and increasing our food delivery services to older adults and those who are medically vulnerable.

We realigned our services and created a new Community Health Equity service area and now have a licensed Health Navigator on our team.



We were one of 10 community-based organizations selected nationally to inform health equity best practices during the COVID-19 pandemic.

We began offering our mental health, youth violence prevention, and Healthy Families programs in every jurisdiction in Northern Virginia.



We will open a new Early Childhood Education Center in Loudoun County, adding classes for more than 75 children—a significant step forward in addressing the affordable childcare gap.

100 Years of Service Celebration

On May 3, 2024, NVFS marked its 100 Years of Service Celebration at the Torpedo Factory Art Center in Alexandria, the city where NVFS started in 1924. We celebrated this incredible milestone with our supporters, donors, volunteers, and partners.





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There to meet the moment.

"It was my case manager who helped sort out my finances. It was my case manager who knew when to talk, and when to listen. It was my case manager who could focus on the big picture as well as on the little picture. It was my case manager who suggested I go back to school. It was my case manager who provided peace in my life."

- Michelle, Survivors' Fund client, 2008



Training Futures: **CHANGING LIVES AND FUTURE GENERATIONS**

Ten years ago, Nader Ghorban Zadeh was newly arrived in Northern Virginia, having survived violence, persecution, and discrimination in his native Iran. He spoke Azerbaijani Turkish, Farsi and Turkish—but no English. He had a master’s degree in finance from a Turkish university and experience working in the human rights field—but no U.S job prospects. Having contracted polio as a child, he used a wheelchair and it was difficult to navigate surroundings that were unfamiliar and frequently inaccessible. He had no safety net or road map for the future.



“Training Futures gave me valuable business skills. But beyond that, they opened doors and gave me hope.”

Nader Zadeh

Training Futures graduate

Then he heard about Training Futures, NVFS’ nearly 30-year-old workforce development program that helps under- and unemployed adults secure professional office careers with livable wages, benefits, and opportunities for professional and personal advancement. Since its founding in 1996, Training Futures has worked with more than 2,500 participants from diverse backgrounds and experiences. Training Futures graduates received an average wage increase of 64%, a remarkable achievement that impacts their well-being and stability.

Zadeh, now 38, says he, too, would be lost without Training Futures and its staff, who frequently stayed after hours to work with him and other trainees. “Training Futures gave me valuable business skills,” he said. “But beyond that, they opened doors and gave me hope.”

They connected him to a six-week internship at the Center for Community Change, which led to additional internships, full-time positions as operations assistant and talent coordinator, and a promotion in 2022 to systems and data manager.



“From the beginning, I was struck by his enthusiasm, his readiness to learn and his work ethic,” said Linda Nguyen, who was Zadeh’s first Community Change supervisor. “A newer employee herself at the time, she says, “he was a part of everything we built—our recruitment materials, our debrief sheets—he helped create it all. Whatever skills Training Futures imparted shone through.”

As his salary increased, he moved from the one-bedroom Fairfax apartment he shared with several acquaintances to his own place conveniently located near his D.C. office. In his free time, he plays on Medstar’s nationally ranked wheelchair basketball team and loves to travel. Over the summer, he visited Italy, Germany and Switzerland.

Since its founding, Training Futures has changed the lives of thousands of participants—recent immigrants to the U.S., breadwinners without a college degree, dislocated workers who were recently laid off, and young career starters who left high school.



NVFS collaborated with Rising Act Films to create *Always Forward*, a short film inspired by the true stories of Training Futures graduates. The film follows Ninah, a Congolese refugee, and her young daughter, as they navigate challenges to build a new life in the United States. She is introduced to NVFS’ Training Futures program and gains confidence and skills to grow her career and start her new chapter. Ninah is portrayed in the film by Christelle Awa, also a NVFS Training Futures graduate.

Watch *Always Forward* on YouTube



Sherronda Ross-Brown: **FROM UNHOUSED TO HOMEOWNER**

In 2005, Sherronda Ross-Brown arrived at NVFS' SERVE shelter in Manassas with her 12-year-old daughter, having left an abusive relationship. "At the time, I was facing an uphill battle," she says. "There were a lot of cries, a lot of tears."

Like many others who have found their way to NVFS, which has the largest family shelter in Northern Virginia with its 90 beds—Ross-Brown found the support she needed to get back on her feet.

Twenty years later, she is a homeowner with a happy family life and successful career.

At NVFS, she found supportive staff members who made her feel like she was part of a big family. "Everyone helped everyone out," she recalls. "The staff didn't let anyone feel less than."

Because of her daughter's special needs, the staff was able to arrange for the family to move into a larger room to accommodate the child's wheelchair, Ross-Brown recalls. She was grateful that the bathrooms and common areas were handicapped accessible as well.

Ross-Brown says thinking about her daughter's future motivated her "to do everything in my power to get back up again." She took advantage of everything that NVFS had to offer.



Between
22% and 57%
of all homeless women report
that domestic violence was
the immediate cause of their
homelessness.

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
OFFICE OF FAMILY VIOLENCE PREVENTION AND SERVICES.

68%
of households exited the
shelter to permanent housing.

“NVFS opened up opportunities and doors for me to get back on track.”

Sherronda Ross-Brown

“There were opportunities for education, to work on our resumes, and look for jobs,” she recalls.

“While staying at our shelter, guests work with a case manager who helps connect them with the right tools, knowledge, and resources for lasting well-being, housing, and economic stability,” said Venita Julien, NVFS Director of Homeless Services. In addition to housing, guests are frequently connected to food, childcare, healthcare services, transportation, and job opportunities—reflecting NVFS’ holistic approach.



“NVFS opened up opportunities and doors for me to get back on track,” says Ross-Brown, now 50. After leaving the shelter, she got married (and will celebrate her 14th anniversary in February!) and started two nonprofit organizations. One, devoted to empowering women, sponsors a conference every two years for those who have experienced trauma, domestic abuse, and depression. The other organizes outings and other activities for adults with disabilities and their families. She is also involved in mission work through her church and, in 2020, published a book titled “Dream Again,” which recounts the traumas she faced and how she was able to overcome them and find her identity.

In addition, Ross-Brown is committed to giving back to the community that helped her through the hard times. Over the years, she has supported NVFS as well as other local groups that address domestic abuse—her way of “helping to reverse a generation of curses.”

Best of all, in 2016 she bought a two-story home near Richmond – “completely on my own,” she says with pride. Reflecting back, she says, “Coming to NVFS changed my life. It set the stage for me to move forward.”

NVFS Leads the Way in Times of Crisis

Twenty-three years ago, on September 11, 2001, Stephanie Berkowitz, Meredith McKeen and Andrea Eck were among the staff working in the NVFS offices when the plane hit the Pentagon. Up to that point, NVFS was focused on providing a variety of services to the area's most vulnerable populations. Within the week, the Greater Washington Community Foundation had selected NVFS to provide case management support to more than 1,000 survivors of the attack through the newly formed Survivors' Fund. That groundbreaking work continued for seven years under the leadership of Berkowitz along with McKeen, Eck and other members of NVFS' dedicated team.



Andrea Eck, Meredith McKeen, and Stephanie Berkowitz



Berkowitz, McKeen and Eck, working with their NVFS colleagues, have been leading Northern Virginia Family Service's response to immediate and evolving crises ever since. Two decades later, lessons from that challenging time continue to inform the most effective ways to provide support to individuals, families, and communities in crisis. NVFS has continued to improve its crisis response model while responding to community challenges that range from the influx of families displaced by Hurricane Katrina to the scores of refugees from many parts of the world who have sought asylum in this area. NVFS has worked with individuals and families during the Great Recession, the foreclosure crisis, and the 2019 government shutdown.

"In the years since 9/11, we learned the importance of educating the families we work with as well as the communities where we live and work about the value of mental health care," said Berkowitz, who directed the September 11 Survivors' Fund Project and has served as NVFS President and CEO since 2015.

"Today, much of our mental health work is focused on immigrants who have experienced the 'triple trauma paradigm': trauma in their country of origin, on their terrifying journey to this country, and after their arrival," said McKeen, a Survivors' Fund Program Manager and now Vice President of Programs. "Many have come to realize how important it is to their survival and the survival of their children to prioritize their mental health."

At the same time, other lessons have emerged as a result of our focus on inclusion, diversity, equity, and anti-racism. For instance, in recent years, NVFS learned of a group of construction workers from El Salvador who participated in clean-up efforts at the Pentagon after September 11 but did not receive Survivors' Fund services. "Since then, NVFS has come to understand that targeted outreach to underserved populations in multiple languages by professionals with fluency in a variety of cultural traditions is the most effective way to reach neighbors who are frequently overlooked and disproportionately impacted by community wide crises," said Eck, a Survivors' Fund Program Manager and now Executive Vice President of Programs.

"Our focus on equity makes us better listeners, service providers, advocates, and neighbors," added Berkowitz.

Because of its long history addressing mass traumas, when COVID-19 arrived in 2020, the NVFS staff were prepared. In the words of former NVFS staff member Mike Best, "NVFS was built to tackle this kind of challenge. When the call goes out, we are consistently the first ones to raise our hands to help. The pandemic is an example of why NVFS was created."

The pandemic offered unique challenges—like the fact that it affected our staff and volunteers as well as our clients—and its own lessons. "We were reminded of the importance of being flexible and



adaptive and being able to pivot to get the best results,” said Berkowitz. “That’s innovation at work.”

For instance, during the pandemic, NVFS built on its trusted relationships with community partners and funders; prioritized its focus on cultural competency and understanding of the impact of the crisis on different communities; and adapted as needed, such as deploying staff with transferable skills to other service areas.

Insights and lessons learned over a century have provided a roadmap for how to respond to collective traumas as diverse as refugees arriving in this country and those displaced by hurricanes.



Thank You from the Secretary of State

“On February 9, 2024, the United States welcomed 222 Nicaraguan citizens who had been deprived of liberty for exercising their fundamental freedoms. Their safe and dignified welcome required coordinated effort across the U.S. government and the NGO community. [Members of the NVFS staff] played a pivotal role in this mission by caring for the physical and emotional well-being of these individuals, many of whom endured torture and other forms of inhumane treatment. Your support has and will continue to facilitate healing and hope for a brighter future.”



Antony J. Blinken
Secretary of State

Volunteer Gina Mobley: **NVFS IS A CATALYST FOR CHANGE**

To hear Gina Mobley talk about Northern Virginia Family Service's 100-year history and impact, one might wonder if she's been there since the beginning. While she's volunteered her time for a "mere" 17 of those years, her knowledge and commitment run deep.

"Getting involved with NVFS is the best decision I've ever made," says the Fairfax County Public Schools administrator. "When you join the NVFS family, you are part of something that is bigger than yourself. You are part of a catalyst for change."

Gina should know. Since learning about NVFS in 2007, she has engaged with the organization in so many ways that it's hard to keep track. She has collected and filled backpacks as part of the Back2School drive, has helped with the Strikes for Stronger Families Bowl-a-Thon and the Strides for Stronger Families Fitness Challenge, the Empty Bowls fundraiser, dressed up as Santa to distribute holiday gifts to children in the NVFS SERVE family shelter, and sorted and distributed Thanksgiving meals as part of Operation Turkey.

"In 1924, a handful of volunteers came together to collect coats and coal to help their neighbors get through the winter; that was the start of NVFS," says Navara Cannon, NVFS' Community and Volunteer Engagement Manager. "Gina Mobley is literally the present-day embodiment of that story. She sees a need and can't help but get involved."



"When you are hands-on, you sit with families in the shelter and hear their stories. You see how they are hurting, but you also see their strength. It's an amazing feeling when you hear they have moved into housing."

Gina Mobley



THANK YOU VOLUNTEERS!

Thank you to Gina Mobley and to our 2,300 volunteers who give your time and talents, both in-person and remotely. Last year alone, you donated more than 36,000 volunteer hours valued at more than \$1.6 million and ensured that our neighbors have the tools and resources they need to build brighter futures.

One activity that is especially close to her heart is cooking meals for families, which she has done every month for nearly two decades in partnership with Light of Life Church (LOLC), one of many faith groups who have long histories of partnering with NVFS. The church and its leaders—Pastor Tony Lewis and Charlet Lewis—in keeping with their commitment to “support programs for the lost, the least and the left out” have teamed up with NVFS for decades by providing volunteers and funding monthly meals. Every third Saturday of the month, Gina, Tracy Reed and other LOLC congregants prepare a delicious brunch of pancakes, French toast, eggs and more. Even during the pandemic, when meal prep was moved to volunteers’ homes, there was no interruption to that or other essential NVFS services.

Being an NVFS volunteer “changes you,” Gina says. “Having been in the trenches and having observed how NVFS is able to adapt and expand based on community needs, I have witnessed first-hand how the organization is sustainable—even in the midst of social and economic crisis,” she says.

“If NVFS were a for-profit organization, it would be a Fortune 500 company.”

Recently, Gina had the opportunity to visit NVFS’ Clock Tower Thrift Store in Falls Church. As one of NVFS’ biggest fans, she started telling the Thrift Store staff and volunteers about the needs that exist at the Manassas SERVE campus—where the family shelter, Hunger Resource Center and Early Head Start programs are located. A lightbulb went off and a new initiative called “Connecting Communities” was born. Now, when the Thrift Store gets donations of items like food and diapers they contact Gina, who delivers those necessities to the NVFS SERVE campus. If supplies are dropped off there that could be sold at the Thrift Store, Gina makes that happen.

“When you are hands-on, you sit with families in the shelter and hear their stories. You see how they are hurting, but you also see their strength. It’s an amazing feeling when you hear they have moved into housing.”

“NVFS will change you,” she says. “And you will tell someone about it. And it will change them. And then they will tell someone. And they too will be changed.”

NVFS Fund for Families



Recognizing the growing demand for services from families in need, NVFS launched our 100th anniversary campaign. The NVFS Fund for Families is a \$5 million initiative to help us more swiftly and sustainably address emerging needs within the Northern Virginia community.

Through the Fund for Families, the organization will expand its comprehensive service model to meet clients' unique needs, invest in its frontline team members and grow its high-demand services.

FOUR FACTORS DRIVING THIS DEMAND ARE:



THE MENTAL HEALTH CRISIS:

Nearly 30% of adults in the region are dealing with active symptoms of anxiety or depression. That's a fourfold increase from 2019. And about 70,000 people want therapy or counseling but are unable to get it.

Source: The Community Foundation for Northern Virginia's Finding our Way Back Mental Health report



THE EARLY CHILDHOOD EDUCATION GAP:

Children in Northern Virginia who are at or near poverty have the second lowest rate of preschool enrollment in the country. Only 29% of three- and four-year-olds in this income bracket are in preschool.

Source: The Community Foundation for Northern Virginia's Ready for Kindergarten, Ready for Life report



THE HOUSING COST BURDEN:

Almost 70% of Northern Virginians with low incomes (making less than \$50,000 per year for a family of four) spend over half of their income on rent, mortgage, taxes, fees, and basic utilities.

Source: The Community Foundation for Northern Virginia's Unequal Burden report



THE UNEVEN OPPORTUNITY LANDSCAPE:

Social and racial divides remain acute in Northern Virginia, where disparities in education, income, and housing are powerful determinants of life expectancy and disease rates.

"There are so many reasons I feel compelled to support NVFS. For starters, my own childhood was fraught with housing and food insecurity—so my connection to NVFS feels very personal. When people in our community are going through tough cycles and feeling hopeless, I want them to know there are people that care about them and organizations that can help them.

Having been an NVFS volunteer and donor for six years, I'm inspired by its comprehensive service model, and how the organization not only provides critical services in the moment but addresses root causes. As a donor who understands that every dollar goes where it's most needed for the most impact, I'm proud to have contributed \$100,000 to the NVFS Fund for Families and have pledged an additional \$100,000 over the next five years. That's how important this is to me."

Xenia Garofalo

Vice Chair, NVFS Board of Directors, donor and volunteer

Join Us

Join us by making a gift to the **Fund for Families** to support NVFS as we build a fully comprehensive service model, where clients can access any program or service they need, no matter the entry point. This allows for a personalized approach to generate deeper long-term results.

We will continue to prioritize our frontline staff and support the needs of our social workers, case managers, counselors, educators, intake coordinators and other colleagues, as they provide compassionate care for our clients.

We recognize that the needs are great, and we stand ready to meet the challenges ahead. We will expand the breadth and depth of our services to meet increased demand and ensure program access to all who need it.

LEARN MORE ABOUT
HOW YOU CAN GROW
YOUR IMPACT IN
NORTHERN VIRGINIA:



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How you can change a life today

DONATE

Our community is full of generous and compassionate people like YOU! Your donation to NVFS can change a life. Your gift will:

- Help new parents care for their babies.
- Ignite a child's imagination in school.
- Gift restful nights of sleep to an unhoused family.
- Strengthen multilingual mental health services.
- Jumpstart an entrepreneur's dreams.
- Strengthen mental health services in 12 languages.
- Inspire hope for young and old.

Together, as one community, we can tackle any challenge. Support NVFS and change a life today at nvfs.org/donate.

ENGAGE

Your generosity and compassion will transform a family's life by providing health, safety and hope. You can engage with our mission and give back to your local community by:

- Donating to the NVFS Fund for Families.
- Celebrating a friend or family member through Honor or Memorial Gifts.
- Joining the Family Legacy Society to make a gift through your estate plan. Creating a lasting legacy by including NVFS in your will.
- Sponsoring or attending one of our events.
- Organizing a fundraising campaign unique to your company,
- Donating items to our Clock Tower Thrift Shop or participating in our seasonal drives.

Visit our website at nvfs.org to explore ways to engage or email info@nvfs.org to learn more about how you can get involved.

VOLUNTEER

Volunteers are integrated throughout NVFS and are considered thought leaders. Opportunities range from one-time to short-term to ongoing to project-based including activities such as:

- Stocking shelves and preparing food packages at the Hunger Resource Center.
- Preparing and serving weekend and holiday meals at the shelter.
- Assisting teachers with learning activities in early childhood classrooms.
- Sorting and organizing items in the Thrift Store.
- Promoting and collecting donations to support our annual back-to-school and holiday drives.
- Offering job training and interview coaching to prepare adults for office careers.
- Leading workshops or providing individualized support for budding entrepreneurs.
- Serving on advisory councils and planning committees.
- Providing project management support to improve operations.

Learn more about how you can share your time and skills with NVFS, contact us via volunteer@nvfs.org.



NORTHERN VIRGINIA
FAMILY SERVICE

100th

**Northern Virginia Family Service
3110 Fairview Park Drive
Suite 500
Falls Church, VA 22042
571.748.2500**



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LEARN MORE AT NVFS.ORG