



Northern Virginia Family Services Volunteer Opportunities

Always Available Volunteering

Individuals:	NVFS Thrift Shop (click link to view schedule & sign up) Hunger Resource Center (click link to view schedule & sign up) SERVE Weekend & Holiday Shelter Meals (contact vbonilla@nvfs.org)
Groups:	NVFS Thrift Shop (contact Samara Weinstein, sweinstein@nvfs.org) Hunger Resource Center (contact Navara Cannon, ncannon@nvfs.org) Weekend & Holiday Shelter Meals (contact vbonilla@nvfs.org)

Special Project Days for Volunteer Groups

Early Childhood Center Activity Sessions:	Volunteers plan and lead classroom or playground activities with 3–5-year-old children. The Head Start Center in Arlington can take groups of up to 24 volunteers. The early childhood centers in Arlington and Manassas can take small 2-3 person groups. Examples of activities: interactive reading time followed by craft activity or game; field day on the playground. Groups provide supplies. Contact Samara Weinstein, sweinstein@nvfs.org .
Spring & Fall Freshen' Up Service Days:	Groups of up to 25 volunteers conduct occasional campus clean-up projects at SERVE in Manassas. Tasks vary depending on time of year, but may include: power wash buildings and sidewalks, wash windows, paint interior walls, revitalize the wellness garden, fire stripe curbs, deep clean kitchen, etc. Groups provide supplies. Contact Navara Cannon, ncannon@nvfs.org .
NVFS Thrift Shop:	Groups of up to 10 volunteers are needed to sort and organize incoming donations, switch out seasonal items, and occasionally to apply fresh coats of paint to walls, or do a major store clean-up and reorganization.
Annual Inventory @ Hunger Resource Center:	Groups of up to 20 volunteers unload food from shelves, weigh all food and return food to the shelves to determine a one-day count of the total pounds of food in the Hunger Resource Center in Manassas on the last day of our fiscal year. This yearly tradition for our annual audit is late June. Some heavy lifting is involved. Contact Navara Cannon, ncannon@nvfs.org .
Annual Inventory @ NVFS Thrift Shop:	A group of up to 20 volunteers help conduct a one-day count of all items in the thrift store in Falls Church at the end of the fiscal year. Items are counted by category and value. This yearly tradition, required for our annual audit is late June. Contact Samara Weinstein, sweinstein@nvfs.org .

DIY Group Projects Any Month of the Year

Snack Packs:	Prepare snack packs for toddlers or teens with a variety of youth-friendly foods and beverages. A minimum of 5 items per pack is recommended; items should contain some nutritional value. Suggested packing lists by age-group are available.
Activity Bundles:	<i>Activities and items to entertain and stimulate young minds</i> with puzzle, word search or coloring books; pens, markers, journal; card games; fidget spinners, stress squishies; jump ropes, etc.
Game Night Packs:	<i>Family game night bundle</i> with a few board, cards or block games; microwave popcorn, a sweet snack, 100% fruit juice; fidget toys and crafts. Suggested packing lists are available.
Blankets:	Knitted, crocheted or sewn youth-size blankets for those with the skills. No-sew fleece blankets for those who don't sew. Youth sizes preferred.

Collection Drive:	<i>Neighborhood spring/fall/winter cleaning drive</i> to collect gently used housewares, shoes, clothing, accessories, etc. for the Clock Tower . <i>New Items:</i> non-perishable food, diapers (especially larger sizes), wipes, underwear for youth and adults, household cleaning supplies, toilet paper, full-size toiletries, African American hair care products.
DIY Mini-Fundraiser:	<i>Use your talents!</i> Whether you make jewelry, sew, paint, bake, make from-scratch candles or soaps, woodwork, or do handyperson work or car repair, and incentivize buyers by donating a portion of proceeds to NVFS. <i>Youth-led fundraising activities</i> such as a good old-fashion lemonade stand; offering to mow lawns, rake leaves or babysit for a donation to NVFS; host a car wash with a civic, sports or faith group.
For any DIY project, contact Karen Horowitz, khorowitz@nvfs.org , 571.748.2626, to learn more, get packing lists and other instructions, ask questions, and coordinate delivery.	

Food Collection Drive

Collection Drive:	Set-up a collection box in your office and encourage employees and even your clients to donate non-perishable foods for families facing food insecurity. Food wish lists are available. NVFS has seen a 26% increase in families coming to the Hunger Resource Center for emergency food assistance. And the shelves are bare. Food drives provide a critical resource any time of year. Contact Navara Cannon, ncannon@nvfs.org .
Prepare for Delivery:	Before delivering your collection to the Hunger Resource Center, sort the food collected by food type. Contact Navara Cannon, ncannon@nvfs.org .

Skills-based Volunteering: Share Your Expertise with NVFS

One-off Projects

Lead a professional development training for staff, conduct mock interviews with job trainees, be a guest presenter for small business entrepreneurs, lead a brainstorming or visioning session for staff, and more.

Short-term Group Projects

Conduct market research, write and analyze a survey, guide a social media campaign, develop a peer mentoring program for staff, conduct a risk assessment, design a logo and marketing materials for an entrepreneur or help them build their website, provide professional development coaching for staff, and more.

This is just a sampling of skills-based volunteer ideas. Volunteers can volunteer their professional/industry expertise or tap into their individual employees' skills and talents. We welcome your ideas! Please contact Karen Horowitz, khorowitz@nvfs.org, 571.748.2626, to discuss.

Season to Share Toy Drive

Annually in December

Falls Church, Virginia

Collection Drive:	Set-up a collection box in your office and encourage employees and even your clients to donate new toys for all ages so nearly 2,000 experience the joy and surprise of a holiday gift. Gift cards in \$25 increments to Walmart, Target and other teen-friendly stores are also needed. Suggested toy lists are available. Contact Lacy Hurst, lhurst@nvfs.org .
Volunteer Groups:	Up to 10-person volunteer groups are needed at the toy closet in very early December to unload incoming donations, sort toys into age-appropriate age groups, inventory items and pre-pack bags. Contact Samara Weinstein, sweinstein@nvfs.org .

Back2School Drive

Annually, late July – early August

Falls Church & Manassas, Virginia

Collection Drive:	Set-up a collection box in your office and encourage employees and even your clients to donate school supplies and backpacks to ensure nearly 2,000 school-age children have the resources they need for a successful start to the school year. Supply lists are available. Groups are encouraged to start their drives in early July to allow enough time to complete collection at the end of the month. Contact Lacy Hurst, lhurst@nvfs.org .
Packing Event:	Purchase supplies in bulk and host a packing event in your office so employees with limited time can lend a few minutes stuffing backpacks with supplies. Backpack lists for elementary, middle and high school are available. Contact Karen Horowitz, khorowitz@nvfs.org .
Volunteer Groups:	Up to 10-person volunteer groups are needed at the Back2School packing site in early August to unload incoming donations, sort supplies into categories, inventory stock and pack bags. Groups are also needed to assist with distribution. Contact Samara Weinstein, sweinstein@nvfs.org .