

Your February NVFS Insider

Northern Virginia Family Service <info@nvfs.org>

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Healthy Families Expansion, Strides for Stronger Families, 100 Years of Service Celebration, Volunteer Spotlight, Teen Volunteers, Top Needs



Monthly Newsletter of Northern Virginia Family Service



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Northern Virginia Family Service Expands Healthy Families Program to Loudoun County

Parents in Loudoun County will soon be able to take part in NVFS' Healthy Families program. NVFS announced the [expansion of its Healthy Families](#) program to Loudoun County to help promote healthy child development for families with children pre-birth to ages three or four. NVFS [Healthy Families](#) is part of Healthy Families America, one of the nation's leading family support and evidence-based home visiting programs. 100% of families receiving home visiting services had an optimal home environment to support child development and showed improvement after one year of participation.



With the expansion to Loudoun County, NVFS now provides Healthy Families services to all of Northern Virginia, including Arlington County, Fairfax County, Loudoun County, the greater Prince William area, and the City of Alexandria. [Learn more](#) about NVFS' Healthy Families expansion.

Join Our Community with this Exciting Movement Challenge!

[Strides for Stronger Families](#) starts in less than a month. Join us and participate in your favorite activity to contribute to the well-being of a family in need.

The challenge? From **March 11 to March 18** try to move your body for 50 minutes a day. Whether you prefer hot



yoga, pickleball, weight-lifting or you get moving doing some chores around the house, every minute you move and every dollar you raise will go to help stabilize families experiencing a crisis.

So get your team together or join as an individual and [click here to register](#) for the challenge before it's too late.

Volunteer Spotlight: Keisha Peterson Anderson Head Start Classroom Volunteer

February 19th is National Vet Girls Rise Day, a day to celebrate our nation's women Veterans and highlight their accomplishments and contributions post military service. We are thrilled to spotlight Keisha Peterson Anderson, a U.S. Navy Veteran and a very engaged classroom volunteer at NVFS' Arlington [Head Start](#) Center.



Keisha started volunteering with us two years ago as part of a Wounded Warriors volunteer group at NVFS' [Clocktower Thrift Shop](#). Keisha later joined us as a classroom volunteer inspiring, educating, and having fun with the kids and engaging the parents during pick-ups, drop-offs, graduations, and field trips. When asked about the intersection between her military and volunteer service Keisha shared that "...values I learned in the military, such as stability, loyalty, camaraderie, connection, and commitment are important as a volunteer. They're also important values in a Head Start classroom."

Thank you, Keisha, for your service to our country and to all women veterans who continue their work serving their Northern Virginia community!

Do you want to learn more about becoming a classroom volunteer? Email volunteer@nvfs.org.

A promotional graphic for monthly donors. It features a group of diverse children wearing colorful superhero masks (green, pink, yellow, red) and capes, posing outdoors. On the left, there is a dark teal box with white text: "Be a hero all year long." Below that, in a smaller white box, it says "Become a monthly donor for just 83 cents a day. Together, we will build a brighter future for our community." At the bottom left is a dark teal button with white text: "Donate Today".

Celebrate NVFS' 100 Years of Service

NVFS is counting down to this year's event commemorating a very important milestone – our 100th Year of Service to the Northern Virginia community! We will celebrate on May 3rd in the heart of Old Town Alexandria – where NVFS was founded in 1924. No matter how you choose to participate, we hope you'll join us in making this celebration a success.



Sponsor the event: Sponsor our celebration to ensure that everyone, at every stage of life, receives the support they need to thrive. Learn more and sign up at nvfs.org/sponsor-100th.

Donate to the silent auction: Do you have a favorite restaurant, sports team, gift cards, or experience that you would like to share with others? Consider donating to our 100 Years of Service Celebration silent auction. Proceeds go to NVFS to ensure that our neighbors get the help they need to thrive! Contact Lacy Hurst at lhurst@nvfs.org to donate or to learn more.

Join us: This year we'll be celebrating, reception-style, at The Torpedo Factory Art Center in Alexandria. We look forward to gathering with you to mark this moment and the possibilities of our work together over the next 100 years. Get a ticket today at nvfs.org/100th-tickets.

Learn more at nvfs.org/100th-celebration.

Hooray for Teen Volunteers!

We are thankful that so many teens choose to volunteer at NVFS. Teens volunteering not only positively influences their behaviors, increase school, job, and life skills, but also improves their community and can inspire adults in their lives to give back through volunteering as well.



Check out our recent blog on [The Benefits of Teen Volunteerism](#) and be sure to share this recent article in [Arlington Magazine](#) with the teens in your life. NVFS is included as one of the local organizations that values the assistance of teen volunteers.

A big thank you to all of our wonderful teen volunteers and a shoutout to some of our recent teen volunteers who did everything from pack weekend food packs to help with mailing and literal heavy lifting at our [Clocktower Thrift Shop](#): National Charity League Cherry Blossom Chapter (pictured), Young Men's Service League chapters from Great Falls, Hunter Mill and Oakton, and most recently HB Woodlawn High School in Arlington National Honor Society.

Learn more at nvfs.org/volunteer or email volunteer@nvfs.org.



HAPPY Valentine's day

Your support and love sustains our mission and brings strength and hope to those we serve. From our heart to yours, thank you!

Clocktower Thrift Shop Volunteers Needed!



individuals • youth • groups • companies



Top NVFS SERVE Shelter Needs

- New pillows
- Full-size body wash
- Full-size body lotion
- Full-size deodorant
- Full-size shampoo
- Full-size conditioner
- Full-size toiletries

Top Hunger Resource Center Needs

- Canned vegetables
- Low sodium canned vegetables
- Canned meat
- Pasta sauce
- Pasta
- One-box meals
- Beans, canned and dry

Top Multicultural Center Needs

- Cleaning sprays (kitchen, bathroom, general)
- Scrubbing pads
- Dishwashing soap (hand wash and dishwasher)
- Laundry detergent
- Fabric softener
- Clothing stain remover
- Shampoo & conditioner (full size)
- Bath and hand soap
- Shaving cream and disposable razors
- Toothbrushes, toothpaste, floss, mouthwash
- Body lotion
- Deodorant
- Nail clipper, files, nail brushes
- Lip balm (like Chapstick)

Top Volunteer Needs

- HRC: [Food Recovery Drivers](#)
- SERVE Shelter: [Kitchen Assistant](#)
- Early Head Start, Prince William: [Classroom Assistants](#)

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