

# Family Service Ideas

## SERVING OUR NEIGHBORS

- ♥ Surprise one or all of the neighbors on your block by rolling their trashcans up the driveway after the trash men have come.
- ♥ Grab a large plastic trash bag and a pair of gloves and pick up trash at a neighborhood park.
- ♥ Bake cookies for the oldest person/couple on your block. Include a note that reminds them just how special they are to God and to you.
- ♥ Write notes for inclusion in Bagged Meals.
- ♥ Surprise a neighbor by raking their leaves in the fall or mowing their grass in the summer.
- ♥ Offer to walk a neighbor's dog.
- ♥ Figure out who in your neighborhood might be lonely and invite them to go on a walk with your family, come for dinner, etc.
- ♥ Make lemon aide for a neighbor while they are mowing their lawn and bring it to them before they finish.
- ♥ Organize a block party.
- ♥ Go Christmas Caroling.
- ♥ Go on a Prayer Walk around your neighborhood. Stop at each house where you know the person's name and pray for them to know the love of God more deeply each day.
- ♥ Offer to be a "mother's helper" for a busy mom.
- ♥ "Adopt" a family on your block for the next year. Be intentional about getting to know them better, inviting them into your lives. This may include but is not limited to dinners, family game nights, etc. Love them with the love of Christ.

## SERVING ARLINGTON

Make weekly or monthly visits to nursing home to play a board game or just chat with residents

♥ Powhatan Nursing Home  
2100 Powhatan Street  
Falls Church VA 22043  
703.538.2400  
[www.powhatan-nursing.com](http://www.powhatan-nursing.com)

♥ Goodwin House Baily's Crossroads  
3440 S. Jefferson St.  
Falls Church, VA 22041  
703.820.1488  
[www.goodwinhouse.org](http://www.goodwinhouse.org)

### **Arlington Food Assistance Center (AFAC)**

2708 S. Nelson Street, Arlington, VA 22206  
703.845.8486  
[www.afac.org](http://www.afac.org)

#### ♥ **Family Bagging Nights**

Held the 2nd Monday of each month, starting promptly at 6:30. Help put food items in grocery bags for distribution to our clients and bag some fresh produce. **For families with children ages 5-11 years of age only.** Families need to register before coming. Email [volunteer4afac@afac.org](mailto:volunteer4afac@afac.org) to sign up.

#### ♥ **Emergency Food Kits (EFKs)**

Kits are given to clients with immediate needs by County social workers. Each EFK will supply one day's worth of food for two people. Volunteers can purchase food and package kits off-site. You must use specific bags provided by AFAC to make Emergency Food Kits. Check the AFAC web site for details.

#### ♥ **Gleaning**

Help AFAC by picking fresh vegetables and fruits from local farms and orchards. On rainy days, sort vegetables and fruits indoors. Gleaning typically takes place on Saturday mornings from 9:00 – noon, June through October. Contact Danielle Rampton at [danielle.rampton@afac.org](mailto:danielle.rampton@afac.org) or (703) 845-8486 for information.

♥ AFAC has many other ways for families to serve on their website. Check it out!

## **Doorways for Women and Families**

PO Box 100185

Arlington, VA, 22210

703.504.9400

[www.doorswaysva.org](http://www.doorswaysva.org)

### ♥ Children's Volunteer

Assist with evening childcare during weekly support groups and parenting classes or monthly dinner programs.

### ♥ Grocery Shopper

Support Doorways' families by assisting with weekly grocery shopping for the Family Home and Safehouse.

### ♥ Storage Volunteer

The Doorways storage room serves on average 75 individuals on a daily basis and needs to be cleaned and organized, so it can run efficiently!

♥ Doorways has other ways for families to serve on their website. Check it out!

## **Adore Children & Family Service, Inc.**

1408 Fillmore, Suite 3

Arlington, VA 22201

703.582.7304

[www.adore-children.com](http://www.adore-children.com)

## **Arlington Bridge Builders**

790 South Carlin Springs Road

Arlington, VA 22204

703.671.6726

[www.info@arlingtonbridge.org](mailto:www.info@arlingtonbridge.org)