

2UNSTOPPABLE

2Unstoppable forges powerful, motivating and supportive partnerships to encourage women with a cancer diagnosis to get moving and keep moving through an online, no cost matching system, oncology fitness resources and events. Women who exercise regularly after a breast cancer diagnosis have 40-50% higher survival rates and lower recurrence rates compared with more sedentary women. Those with colon cancer have 20% better survival rates with exercise. 2Unstoppable is seeking a pilot project grant for exercise counseling. Join them at a fundraising spin class on Sunday, October 27 in Vienna. For more info go to 2unstoppable.org.

A FARM LESS ORDINARY

A Farm Less Ordinary provides employment and a welcoming community to people with developmental and intellectual disabilities, while sustainably growing organic food for the Metro DC area. They cultivate a sense of self-worth and independence for the growers through employment, while also providing their caregivers financial and dependent relief knowing they are in a safe and structured environment. AFLO is seeking a capacity building grant to fund job coaching through crew leads that will work with the farm manager. To learn more about this vital service in our community, go to afarmlessordinary.org.

ARLINGTON NEIGHBORHOOD VILLAGE

Arlington Neighborhood Village is a volunteer-driven, nonprofit organization dedicated to helping older residents of the county continue living in their own homes—safely, independently and with an enhanced quality of life. Adult volunteers provide transportation and shopping assistance, access to social and cultural activities, health and wellness programs, simple home repairs, and information on a host of professional and social services. Go to arlnvil.org and see how they are enriching lives.

ASIAN/PACIFIC ISLANDER DOMESTIC VIOLENCE RESOURCE PROJECT

The Domestic Violence Resource Project serves Asian/Pacific Islander survivors of domestic and sexual violence in DC/MD/VA, primarily low-income and immigrant women. Since 1995, DVRP's mission has been to address, prevent and end domestic violence and sexual assault in the A/PI communities while empowering survivors to rebuild their lives after abuse. Their three-pronged approach includes Survivor Services, Outreach and Training & Technical Assistance Programs. DVRP seeks a project grant for their Visibility in Virginia initiative. To learn more, go to dvrp.org.

ASPIRE!

Aspire is celebrating 25 years of serving at-risk children and low-income immigrant families, almost all of whom receive free or reduced-fare lunch at school. Through a daily academic program in which more than 90% of students improve their reading instructional levels year-over-year, Aspire forges strong partnerships with schools and families by connecting the child's daily experience: at school, after school and at home. Aspire is seeking a project grant to support daily reading programs to increase English language proficiency. To learn more, go to aspireafterschool.org.

BRAWS

BRAWS (Bringing Resources to Aid Women in Shelters) began as a collection drive for three local shelters and has since evolved into a mission to bring dignity and empowerment to women and girls in crisis by providing over two million menstrual supplies and undergarments since 2015. BRAWS serves low-income women and girls in shelters, ex-offenders re-entering society and girls who need menstrual supplies to attend school. BRAWS is seeking a project grant to provide direct services to ex-offenders through a partnership with Friends of Guest House. To learn more, please visit brows.org.

FAIRFAX COURT APPOINTED SPECIAL ADVOCATES (CASA)

Fairfax CASA's mission is to advocate for the best interests of abused and neglected children referred by the county's Juvenile & Domestic Relations District Court through the promotion and support of quality volunteer representation. They recruit, train and supervise enough highly qualified and committed citizens to provide a strong advocate for each child under the Court's protection. Last year alone CASA volunteers spent 17,000 hours advocating for their clients. CASA is requesting a project grant to provide services to youth, 18-21, to ensure a safe transition into adulthood. To see how CASA volunteers are a child's best hope for a positive future please go to fairfaxcasa.org.

LA COCINA

La Cocina's Culinary Career Readiness, Job Placement and Food Assistance Program, provides unemployed low-income members in Northern Virginia with a bilingual certified job training program that transforms unemployment into full employment in a very short period of time. During their culinary training students prepare healthy meals that are donated to homeless shelters and families in low-income housing. This program provides approximately 13,000 healthy meals annually. They are seeking a project grant to continue to provide technical and vocational education. For more information, go to lacocinava.org.

LOUDOUN LITERACY COUNCIL

Loudoun Literacy Council has been changing lives through reading and learning to promote personal growth and empowerment in Loudoun County since 1980. LLC believes that literacy remains essential to achieving community-wide aspirations of developing young learners, strengthening families, enabling parents to participate in the education of their children and ensuring access to opportunities for economic advancement. LLC is seeking a capacity-building grant to increase outreach services to English language learners. To learn more about how they are breaking the cycle of illiteracy, go to loudounliteracy.org.

LOUDOUN VOLUNTEER CAREGIVERS

Loudoun Volunteer Caregivers is a community of volunteers helping frail elderly and adults with disabilities to maintain independence and quality through assisted medical and non-medical transportation, supportive services that include shopping, grocery deliveries, errands, visiting, quality of life programming, minor home repair/maintenance, money management and financial education. LVC is seeking a capacity-building grant that will expand their programs to help mainly low-income elderly and disabled adults to age in place. Go to lvccaregivers.org to learn more or to volunteer.

PROJECT KNITWELL

Project Knitwell provides a proven wellness tool that helps people cope with stressful situations in hospital and community settings. PK serves individuals dealing with grief, mental health challenges and those in transitional situations that need tools that go beyond traditional medical interventions. In school settings, they are focused on youth with significant emotional challenges. PK seeks a project grant to serve formerly incarcerated individuals providing them with an easily accessible, low-cost coping mechanism. To learn more, please visit projectknitwell.org.

ROCK RECOVERY

Rock Recovery supports the journey to freedom from disordered eating through holistic and accessible recovery programming and community empowerment. They do this by removing barriers of cost, location and timing and by helping people break isolation. Uniquely combining clinical expertise rooted in research plus spirituality they achieve deeper healing and restoration. Rock Recovery is seeking a project grant for their Teen Skills Program. To learn more about their work, go to rockrecoveryed.org.

STROKE COMEBACK

Stroke Comeback Center addresses the critical need for affordable, ongoing and personally meaningful communication, cognition and fitness services for stroke survivors after insurance reimbursement ends. SCC's innovative care model is nationally recognized, with 90% of members experiencing improved speaking, comprehension, writing and/or reading skills; 88% achieve significant improvement in language, cognitive function and ability to interact with others. SCC is seeking a capacity-building grant to increase program management capabilities. Join SCC at their Minds Matter luncheon on October 25 and learn more about their work at strokecomebackcenter.org.

THE CHRIS ATWOOD FOUNDATION

The Chris Atwood Foundation is dedicated to overdose prevention and recovery from substance use disorders. Founded in 2013, the CAF's mission is to save lives from opioid overdose, support recovery from substance use disorder and defeat the stigma of this treatable brain disease. CAF staff and volunteers have trained over 4,500 individuals through their program, ROPE (Reverse Overdose, Prevent, Educate) and offer classes throughout Northern Virginia. CAF is seeking a project grant to create a new communications and advocacy initiative. To learn more, go to chrisatwoodfounding.org.

THE FENWICK FOUNDATION

The Fenwick Foundation's motto 'enriching lives one at a time' informs their mission to improve the quality of life, health and wellbeing of the elderly living in long-term care facilities. They provide therapeutic outings and activities as well as support programs, like dental care, to low-income and vulnerable older adults and their care givers. Their work is done entirely through partnerships and collaboration with care facilities and community organizations. Visit thefenwickfoundation.org.

THE JOSH ANDERSON FOUNDATION

The Josh Anderson Foundation, named after a beloved son and brother who died by suicide in 2009 at the age of 17, was founded in 2012 and has reached close to 90,000 students in 80 schools. JAF provides adolescents with mental health education, resources and support so they never turn to suicide. Their signature program, Our Minds Matter, is a student-led movement that educates and trains students to build awareness of mental health resources and build social connections among peers. They are seeking a project grant to expand OMM to six more FCPS high schools. To learn more about how they are saving teen lives, go to joshandersonfoundation.org.

TOGETHER WE BAKE

Together We Bake serves low-income women facing barriers to employment due to homelessness, incarceration, domestic violence and/or mental and substance abuse. Founded in 2012, TWB's mission is to help women gain self-confidence, transferable workforce skills and invaluable hands-on experience which will allow them to find sustainable employment and move toward self-sufficiency. TWB is seeking a project grant to pilot a program for a Spanish speaking cohort of women. To find out more about their recipe for success go to new.togetherwebake.org.