Goochland Free Clinic & Family Services

Faces of Hope

SPRING 2017 - In This Issue

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DID YOU KNOW?

In 2016 . . .

over 1500 individuals received food assistance through GFCFS Food Pantry.

COMMUNITY PARTNERS

Volunteers Get GFCFS Moving

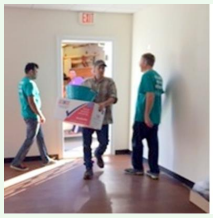
In preparation for groundbreaking and construction, volunteers moved the Administrative and Family Services staff to temporary locations. Thank you to our fearless leader and moving project manager, volunteer Jackie Buchanan. From file folders to file cabinets, Jackie had a plan to get it from point A to point B. Special thanks to the over 60 volunteers who worked tirelessly weekdays and weekends to prepare our temporary spaces. Volunteers cleaned, painted, packed, moved everything from rugs to refrigerators, set up shelves, cubicles and computers, made signage, and made sure that through it all we were able to keep taking care of

GFCFS BREAKS GROUND FOR NEW BUILDING

YOU MADE IT HAPPEN! Thank you for helping us realize our vision.

GFCFS held a ceremonial groundbreaking Tuesday, March 21st to kickoff construction of our new building and conversion of the Family Services building to emergency housing. Leading the celebration of this exciting moment in our history were, Sally Graham, Executive Director, Liz Rider, President, Board of Directors, Keith Reynolds, immediate past president, Board of Directors, Lisa Luck, Capital Campaign Chair, Mark Hourigan, Hourigan Construction, and Tommy Pruitt, Pruitt Companies.

clients.



Volunteers included teams and individuals from Capital One, CarMax, Capgemini, Closets of Virginia, Markel, Mastercard, Richmond Commercial Services, Goochland County, Hope Church, and Goochland County Public Schools, and many other individuals who donated manpower and much-needed muscle! **Thank you.** *We truly would not be where we are without you!*

Hunger Awareness Week - April 16 - 22

Hunger Hurts. Goochland Gathers. Goochland Hunger Awareness Week is April 16 - 22. Can you be a neighborhood captain? Call us. Help your neighborhood, church, school group or civic organization collect non-perishable items for Goochland food pantries including GFCFS. This community-wide food drive is critical for GFCFS as we serve over 1500 food-insecure Goochland residents during the year.
Collection bins will also be located throughout the county including Essex Bank, EZ Ship, and Goochland Family YMCA. Visit www.GoochlandCares.org,for a list of needed food items or contact Terry Ebright, Food Pantry Manager, tebright@GoochlandCares.org or 804/556-6260.

VOLUNTEER CELEBRATION EVENT

Save the date.

Thursday
April 27
5pm - 7pm
Enzo's Italian Chop House

All GFCFS volunteers are invited to join us as we celebrate YOU!

Read more.....

CAPITAL CAMPAIGN UPDATE

ALL.HERE.NOW.

The Capital Campaign is working to match a $400,000 challenge grant from The Mary Morton Parsons Foundation. Donations to the Capital Campaign will be matched by the Foundation up to $400,000. It's a great way to double the impact of your gift.

In addition, for a minimum $50 donation, and for each additional $50 amount, you may request an embroidered baseball hat.

Our Capital Campaign goal is $7.1 million which includes a $1.5 million endowment. We have raised 83% of our goal! Help us close the gap.

DONATE NOW
TO CAPITAL CAMPAIGN

If you already supported the Capital Campaign and would like a hat, contact Adair Roper, 804/556-0476
or aroper@GoochlandCares.org.

TEMPORARY LOCATIONS

During construction, some staff have been temporarily relocated.

Family Services
2931 River Road West
804/556-6260

Food Pantry - Registration - Family Services
Domestic Violence and Sexual Assault Services
Home Repair - Financial Assistance - GED/ESL

Contact Diane Reale, Director of Volunteer Services, dreale@GoochlandCares.org or 804/556-0476.

Administrative Services
2913 River Road West
Suite G
804/556-0476

Executive Director - Development - Finance
Volunteer Resource Management

GFCFS PROGRAMS & EVENTS CALENDAR

VOLUNTEER OPPORTUNITIES

Want to volunteer?

Nurses - We have an immediate need for R.N.'s to volunteer at the Free Clinic. Shifts are typically 3 hours. We especially need help on Thursday mornings and afternoons.

General Volunteers - We are currently seeking volunteers to assist in the Food Pantry and the Clothes Closet and to help clients with handyman tasks.

We can match your interest, skills and availability to our program needs.

Please contact Diane Reale, Director of Volunteer Resources, dreale@GoochlandCares.org or 804/556-0476, to find out more about these and other volunteer needs.

DONATION NEEDS

In-kind donation needs: The Food Pantry is currently in need of cereal and peanut butter. Your donations are greatly appreciated.

CLICK HERE for a complete Food Pantry list.

YOUR SUPPORT MAKES A DIFFERENCE

Planned Giving

Include GFCFS in your will or trust or name GFCFS as a beneficiary of a retirement plan, IRA, or life insurance policy. Contact Adair Roper, 804/556 0476 or aroper@GoochlandCares.org.

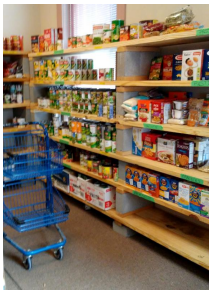
Shopping Rewards

Shop using **AmazonSmile** all year long and earn rewards for GFCFS! Go to smile.amazon.com.

Kroger Community Rewards - Earn rewards for GFCFS every time you use your Kroger Plus Card. To

NEW FOOD PANTRY DAYS/HOURS

New Location: 2931 River Road West



Food Pantry and Registration are now located at 2931 River Road West in the former library building next to Shear Wildness.The Food Pantry serves clients at the following times:

MONDAY
1pm - 3pm Shopping or To-Go Bags

TUESDAY
1pm - 3pm Shopping or To-Go Bags

WEDNESDAY
4pm - 6pm Shopping or To-Go Bags

THURSDAY
9am - 12pm Shopping or To-Go Bags

Contact: Terry Ebright, Food Pantry Manager, 804/556-6262, tebright@GoochlandCares.org.

STEVE BASSETT BENEFIT PERFORMANCE

Wednesday, May 3, 7pm

Steve Bassett will give a benefit performance at Enzo's Italian Chop House, 36 Broad Street Road on Wednesday, May 3rd at 7pm. $5 ticket and 15% of dinner proceeds go to GFCFS Food Pantry. Call 804/784-2962 for reservations.

VOLUNTEER CAMPAIGN UPDATE

Closing the gap

The Volunteer Campaign Team members continue to reach out to their fellow volunteers to provide information and updates regarding the Capital

enroll, go to:
kroger.com/account/enrollCommunityRewardsNow.

DOMESTIC VIOLENCE AND SEXUAL ASSAULT SERVICES

GET HELP NOW

The GFCFS Domestic and Sexual Violence Services program serves all victims and survivors regardless of income, place of residence, gender, and sexual orientation.

24-HOUR HOTLINE

804/980-6267

Campaign. They have raised $93,400 of their $100,000 goal. Now is a great time to donate to close the gap. Double the impact of your gift with the Parsons match. Also, for a minimum $50 donation, you may request an embroidered baseball hat.

Go to www.GoochlandCares.org and click on Capital Campaign.

SAFE, HAPPY, HEALTHY.

High Schoolers Learn About Healthy Relationships

The Domestic and Sexual Violence Program at GFCFS partnered with the YWCA of Richmond to facilitate education sessions at Goochland High School as part of the Family Life Program. The sessions aim to educate students about the frequency and dynamics of abuse in relationships and assist them in developing skills to make healthy choices. One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. After two sessions with ninth graders in January, Emily O'Keefe, Domestic and Sexual Violence Program Manager at GFCFS, said, "I was very impressed with the intelligent and thoughtful feedback from the students. These Bulldogs are smart!"

Our mission: To provide access to health care and basic human services to Goochland residents in need of assistance.

Find us on Facebook and Twitter.

MAKE A DONATION

VOLUNTEER