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Northfield Ministries...a Place to Break Free

Northfield Ministries is a non-profit organization providing hope and care for girls between the ages of 13 and 21 who are struggling with life challenges such as eating disorder, depression, and self-harm, which may be accompanied with an unplanned pregnancy.

“Our mission is to meet young women and their families where they are, go with them on their journey to restoration and healing, and to give them the tools to break free,” says Gwen Seiler, Northfield Ministries Founder and Executive Director.

Currently an outreach ministry, Northfield provides prayer support, conversation, and Bible study for girls and their families who are struggling with these challenges. Northfield also assists these young women by offering resources to other treatment facilities when necessary. However, girls who struggle with these serious challenges often go without necessary treatment because this type of care can cost thousands of dollars per day at for-profit facilities.

Within the last 3 years, Northfield Ministries has mentored over 30 women, with numbers currently on the rise. The incredible need for affordable treatment is the drive behind Northfield’s second goal; to open a residential treatment facility for these young women in rural, Central Virginia.

In 2006, Seiler purchased a 9,500 sq. ft. plantation home in Cumberland, Virginia to be transformed into a safe haven for women seeking residential care and treatment. Since then, interior designers from all over the country have donated time and talent to renovate the home.

The Northfield Cumberland Home will provide a Christian-based treatment facility which will help to empower each girl to break free from her burdens and embrace her future through God’s unconditional love and mercy. Comprehensive assessments and individualized treatment plans will be offered to each resident, which may include counseling, education, life skills training, spiritual development, and community based medical care. Northfield hopes to reach girls early in their struggle and provide families affordable options for recovery.

Although the original Northfield Plantation was settled in the 1800s, Northfield Ministries will keep all existing spaces intact for the Northfield Cumberland Home. Space plans include a classroom, social hall, 2 separate dormitory rooms with baths, staff quarters, counseling rooms, recreation areas, kitchen, family style dining area, guest cottage, and chapel.

Northfield’s biggest hurdle now is raising enough money to open the Northfield Cumberland Home. A fundraising goal has been set for \$2 million, which will allow Northfield Ministries to bank 3 months of operating expenses required by the Commonwealth of Virginia for licensure. It will also provide enough funding to pay off all debt, complete renovation projects on the grounds, as well as provide funding for scholarships.

To learn more about Northfield Ministries, visit www.northfieldfoundation.org. If you would like to help, please contact Gwen Seiler at 804-399-4634 or gseiler@northfieldfoundation.org.