COASTAL VA (EASTERN SHORE & HAMPTON ROAD & VA BEACH)

English classes/ Clases de Inglés
Coastal Church
Deer Park Fellowship Newport news VA
Classes start Sep 4 - meet Thursday evenings from 6:15-8:30pm
*More information here

Making informed decisions, your health – Workshop (en español)
Chamber for Hispanic Progress
El Azteca Mexican Restaurant
314 Constitution Dr A, Virginia Beach, VA
Sep 4, 6 PM to 8 PM - Flyer

Adult Mental Health First Aid - In-Person
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln Belle Haven, VA 23306
Sep 4, 9 AM

Celebrate Healthcare's Weekly Office Hours
Enroll VA
Sentara Community Care Center
3509 Chestnut Ave, Newport News, VA 23607
Sep 4,11,18,25 1 PM to 4 PM Every Thursday.
*Got questions about health insurance enrollment? Explore your options for the Affordable Care Marketplace, Special Enrollment and Medicaid. Our dedicated team is here to assist you! Don't miss this chance to get the support you need for your health coverage!

Rampart Readers-Celebrates Hispanic Heritage Month
Fort Monroe Authority
Fort Monroe Visitor & Education Center
30 Ingalls Road Hampton, VA 23651
Sep 6, 10 AM

Southeast Community Day Parade and Festival - Newport News
2016 Jefferson Avenue Newport News, VA 23607
Sep 6, 9:30 AM

Contratos con proposito Workshop (en español)
Chamber for Hispanic Progress
Bilus Restaurant
544 Newtown Rd #100 - 104, Virginia Beach, VA 23462
Sep 6, 10 AM to 12 PM
*Aprende cómo protegerte legalmente al ser contratado para realizar un trabajo. Este taller está diseñado para contratistas, emprendedores y profesionales.

Catch of the Summer: Back-to-School Celebration
REACH, Inc. (Reading Enriches All Children)
5802 East Virginia Beach Boulevard #suite 158 Norfolk, VA 23502
Sep 6, 11 AM

Maternal Health Education Classes
Children Museum of Virginia
221 High Street Portsmouth, VA 23704
Sep 6, 11 AM

Legal Aid at the Hampton Public Library
Hampton Public Library
4207 Victoria Boulevard Hampton, VA
Sep 10, 3 PM
*Resources and legal aid services

Hampton Roads Community of Practice
Unite US
836 J Clyde Morris Boulevard Newport News, VA 23601
Sep 10, 12 PM
*Networking group - Get ready to connect and strategize with Unite Virginia partners to drive forward your community health priorities in Hampton Roads!

Breaking Barriers: Dialogue on Mental Health, Wealth & Community Resilience

Hampton Alumnae Delta Sigma Theta Sorority, Inc.

Hampton Delta Foundation

1999 West Pembroke Avenue Hampton, VA 23666

*Join us for an open, welcoming conversation on how mental health, finances & DEI rollbacks impact our lives—and how we can heal together.

Adverse Childhood Experiences (ACEs) Free Training

Norfolk Community Services Board Prevention

Mary D. Pretlow Anchor Branch Library

111 West Ocean View Avenue Norfolk, VA 23503

Sep 17, 11 AM to 1 PM

*When Children experience traumatic events it can have lasting effects on their mental health, medical health and wellbeing

2nd Annual Health is Wealth

Positively Beautiful

Ruritan Club

5146 Ruritan Court Virginia Beach, VA 23462

Sep 20, 3 PM to 5 PM

***** Join us again for another "Health is Wealth" event to learn how taking care of your body and finances are the keys to a wealthy life!

Networking Event

Hands for Grace

936 Independence Blvd., Virginia Beach VA 23455

Sep 20, 11:30 AM

2025 Greater Hampton Roads Population Health Summit

M. Foscue Brock Institute

Waitzer Hall

735 Fairfax Avenue Norfolk, VA 23507

Sep 24, 8:30 AM to 1:30 PM

Virginia Organizing 30th Anniversary Grassroots Gathering
Virginia Organizing
Airfield Conference Center in Wakefield, VA
September 26-28

CARIBFEST
Virginia Caribbean American Association
Town Point park, Norfolk, VA 23503
Sep 26 and 27, 11 AM

Village Family 4th Sunday CommunityFamilyReunion
First Calvary Baptist Church
813 Henry Street Norfolk, VA 23503
Sep 28, 3 PM
*Groceries, diapers, personal hygiene items, household items & more

Medicare Seminar (Newport News, VA)
CenterWell Senior Primary Care
3001 Jefferson Avenue Newport News, VA 23607
Oct 1 , 10 AM

Medicare Seminar (Hampton, VA)
CenterWell Senior Primary Care
1118 West Mercury Boulevard Hampton, VA 23666
Oct 2, 10 AM

Adverse Childhood Experiences (ACEs) Training - Trauma and Resilience
Eastern Shore CSB - Prevention
15150 Merry Cat Ln Belle Haven, VA
October 15, 9 AM

Clinica Comunitaria Esperanza
Easter Virginia Medical School
830 Southampton Ave, Norfolk, VA 23503
*Free clinic run by EVMS students and physicians. Provides medical care to low-income and uninsured families in the Hispanic community. Call to make an appointment 757 -403-2474.
Se habla español.

Hamptons Roads Bon Secour Care-A-Van

Bon Secour

Locations includes Coastal VA Mental Health Connections support groups : Norfolk, Newport News, Hamptons, Chesapeake, Virginia, Beach, Surfolk and Portsmouth. Check Spanish and English calendar schedule

Different dates, 8:30 AM to 12 PM

*To schedule an appointment please call 757-889-5121 or e-mail Takeirah_Martin@bshsi.org

English Language Acquisition (English classes)

Adult Learning Center

5100 Cleveland St., Virginia Beach, VA 23462

For more information visit website or HERE

*Six levels of classes are offered including: reading, writing, speaking, and listening. No appointment needed. Testing/interviews are offered on a walk-in basis. Please call 757-648-6050 for interview dates.

Mental Health Connection Support Groups

NAMI Coastal Virginia

Different dates and times

* Free, peer-led support groups for anyone 18 & older who has experienced symptoms of a mental health condition. In a confidential, caring and non-judgemental group setting, you will gain insights from others, and hear about their challenges and successes. All support groups are led by trained leaders who've been there.

Free Car Seats- MileOneCares Car Seat Community Program

MilesOnecares & Hall Toyota VB

1877 Laskin Rd, Virginia Beach, VA 23454

Waiting list next event

*Families will watch a safety video, answer questions and sign a liability form. Flyer in English and Flyer in Spanish

Despensa de Alimentos (todos los jueves en una de escuelas de Newport News)

La oficina de Participación Familiar y Comunitaria de las Escuelas Públicas de Newport News se han asociado con la Fundación "Dreams of Hope" para ofrecer una despensa móvil de alimentos una vez por semana. Mirar calendario.