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

Due to the ongoing government shutdown, many families may experience disruptions in federal benefits. If you or someone you know needs food assistance during this time, you can find a local food pantry through the Federation of Virginia Food Banks.

Maternal Health Education Classes
Children Museum of Virginia
221 High Street Portsmouth, VA 23704
Nov 1, 11 AM

Open Enrollment Kickoff! Health Insurance Lunch and Learn
Enroll VA
Jordan-Newby Anchor Branch Library at Broad Creek
1425 Norchester Ave, Norfolk, VA 23504
Nov 1- 11 AM to 2 PM
*Health Insurance Lunch and Learn

Parent support group – Circulo de Padres Hispanos
BonSecour
St. George Episcopal Church
15446 Warwick BLVD. Newport News, VA 23608
Every Wednesday, 10 AM to 12:30 PM

Lunch & Learn for Breast Cancer Awareness Community Health Fair!
Diggs Town Boys & Girls Club
1401 Melon Street Norfolk, VA 23523
Nov 1, 11 AM
Join us at the Diggs Town Boys & Girls Club for an informative and engaging event focused on raising awareness about breast cancer. Our community health fair will feature educational sessions, interactive workshops, and resources to support those affected by breast cancer. Get a 3d mammogram and many resources will be available too. Come together with us to learn, connect, and empower each other in the fight against breast cancer. Let's make a difference together!

FALL COMMUNITY SERVICES FESTIVAL

The Urban League of Hampton Roads

4801 Columbus Street #suite 200 Virginia Beach, VA 23462

Nov 6, 11 AM

*Virginia Beach, Norfolk, Chesapeake, Portsmouth and surrounding cities are welcomed to attend.

Adult Mental Health First Aid - In-Person

Eastern Shore Community Services Board

Eastern Shore CSB - Prevention

15150 Merry Cat Ln Belle Haven, VA 23306

Nov 6, 9 AM

Open Enrollment Kickoff! Health Insurance Lunch and Learn

Enroll VA

Boo Williams Sportsplex

5 Armistead Pointe Pkwy, Hampton, VA 23666

Nov 7- 11 AM to 2 PM

*Health Insurance Lunch and Learn

Legal Aid at the Hampton Public Library

Hampton Public Library

4207 Victoria Boulevard Hampton, VA

Nov 12, 3 PM

*Resources and legal aid services

Southeastern VA Early Childhood Gap Analysis: Website and Storymaps

EVMS Waitzer Hall

735 Fairfax Ave Norfolk, VA 23507

Nov 13, 12 PM

EL PAVOTÓN FEST 2025 Free event

La selecta & Alencar Family Dentistry & Nathan's Lynnhaven Pawnshop

Parking Lot de La Selecta Radio

870 N Military Highway, Norfolk VA 23502

Nov 15, 12 PM – Mas de 800 familias serán beneficiadas.

6th annual Heal Greater Williamsburg/ Heal the Nation Community Forum
Virginia Racial Healing Institute
Stryker Center
412 North Boundary Street Williamsburg, VA 23185
Nov 15, 1 PM

Loving On Our Community Outreach
1901 East Pembroke Avenue Hampton, VA 23663
Nov 15, 2 PM
*Free Food Bag giveaway (1 ticket Only per family/Household)

Red de Recursos para Familias Hispanas
BonSecours
Salud y Bienestar Comunitario Sesión Virtual
Nov 18, 11 AM to 12:30 PM Registrarse

Celebrate Healthcare's Weekly Office Hours
Enroll VA
Sentara Community Care Center
3509 Chestnut Ave, Newport News, VA 23607
Nov 20 and 27, 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!

Free meals at the Andrew Shannon Feeding 5000
New Beech Grove Baptist Church
361 Beechmont Drive Newport News, VA 23608
Nov 22, 11 AM

Thanksgiving Community Dinner
Helping hands resource
CHANEL CAFE & CATERING
1010 Park Avenue Norfolk, VA 23504
Nov 22, 1 PM

Feeding the Need

Volunteers Hamptons Roads

Regent University

1000 Regent University dr. Virginia Beach, VA 23464

Nov 22, 11 AM to 1 PM

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.

Hampton Roads Community of Practice

Unite US

836 J Clyde Morris Boulevard Newport News, VA 23601

Dec 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!

Hamptons Roads Bon Secour Care-A-Van

Bon Secour

Locations includes : 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.