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

Free Live Music
Hampton Public Library
4207 Victoria Boulevard Hampton
July 3, 2 PM

Sixth Mount Zion Vaccine & Enrollment Clinic
Enroll VA
3100 Butternut Drive, Hampton, VA
July 4 and 18, 10 AM - 1 PM

NAMI peer to peer (Mental Health support group)
NAMI office
291 Independence Blvd, Suite 225
Pembroke Office Park, Bldg 4, VA Beach
July 7 to August 25, 6:30 PM to 8 :30 PM
*Class meets every Monday for 8 weeks
Registration is required due to limited spaces.

Legal Aid at the Hampton Public Library
Hampton Public Library
4207 Victoria Boulevard Hampton, VA
July 9, 3 PM

Free Car Seats- MileOneCares Car Seat Community Program
MilesOnecares & Hall Toyota VB
1877 Laskin Rd, Virginia Beach, VA 23454
July 16, 11 AM to 1 PM
*Families will watch a safety video, answer questions and sign a liability form. Flyer in English and Flyer in Spanish

Surviving Through Mental Health Family Matters
City of Norfolk CSB & Project ORF
CHRYSLER HALL
215 St. Paul's Blvd
July 17, 5 PM to 9 PM
*Available flyer **here**

Norfolk Latino Music and Food Festival
Downtown Norfolk Council
Town Point Park, Norfolk, VA
July 19, 2 PM to 11 PM
*Celebrate Latino culture with live music, authentic food, dancing, and family activities. Open to all and free to attend.

Back to School Community Day
VDH Norfolk Health District
Norfolk Department of Health
830 Southhampton Ave, Norfolk
July 24, 10 AM to 2 PM

Village Family 4th Sunday CommunityFamilyReunion
First Calvary Baptist Church
813 Henry Street Norfolk, VA
July 27, 3 PM
*Groceries, diapers, personal hygiene items, household items & more

Be Well Community Resource Fair
Vision Driven
YMCA on Granby
2901 Granby Street Norfolk, VA 23504
August 2, 10 AM

Adult Mental Health First Aid - In-Person
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln Belle Haven, VA
August 7, 9 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
*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

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.