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

Find a local food pantry through the Federation of Virginia Food Banks.

Gloucester Resource Council Meeting
Gloucester Library, in the Community Room, and by Zoom
6920 Main St, Gloucester, VA 23061
Sep 2, 9:30 AM to 11 AM
* First Wednesday of every month. Join us to learn about services and agencies in our community that are here to help those who need them, and how you can get involved or support these efforts. If you would like to subscribe to updates, please email gloucesterresourcecouncil@gmail.com or visit: here

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 3, 9 AM to 5 PM

Adverse Childhood Experiences Training - ACEs (1.5 hours, Virtual)
Behavioral Health, Wellness & Prevention Services
Sep 11, 1:30 PM

Sustaining Together Summit
YMCA
Chesapeake Conference Center
700 Conference Center Drive Chesapeake, VA 23320
Sep 17, 8 AM

Mental Health First Aid - Adult
Newmarket Baptist Church
8309 Orcutt Avenue, Hampton, VA 23605
Sep 17, 9:30 AM

Virginia CARIBFEST 2026!
VIRGINIA CARIBBEAN AMERICAN CULTURAL ASSOCIATION, INC
Town Point Park
333 Waterside Drive, Norfolk, VA 23510
Sep 19, 12 PM

Navigating New Beginnings: Supporting Recovery for Adolescents and Families
The Barry Robinson Center
Meyera E. Oberndorf Central Library
4100 Virginia Beach Boulevard Virginia Beach, VA 23452
Sep 23, 10:30 AM

Fundraising Networking Event: Celebrating Our Anniversary
Hands of Grace VA
Virginia Beach Convention Center
1000 19th Street Virginia Beach, VA 23451
Sep 26, 11 AM

VISIONARIES 2026 - Latino Business & Leadership Forum
Hands of Grace VA
Virginia Beach Convention Center
1000 19th Street Virginia Beach, VA 23451
Sep 26, 11 AM

Village Family 4th Sunday CommunityFamilyReunion* (resource event)
Village Family
First Calvary Baptist Church
813 Henry Street, Norfolk, VA 23504
Sep 27, 3 PM

2026 Greater Hampton Roads Population Health Summit Hybrid event
M. Foscue Brock Institute
1301 West 49th Street, Norfolk, VA 23529
September 30, 8:30 AM to 3:30 PM – Register visit, here**. Flyer** here

Hamptons Roads Bon Secour Care-A-Van

Bon Secour

Locations includes: Norfolk, Newport News, Hamptons, Chesapeake, Virginia, Beach, Surfolk and Portsmouth. Check September 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

Other on-going events and services:

Celebrate Healthcare's Weekly Office Hours

Enroll VA

Sentara Community Care Center

3509 Chestnut Ave, Newport News, VA 23607

Every Wednesday, 9 AM to 4 PM

*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!

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

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 appointment 757 -403-2474. **Se habla español.**

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 is needed. Testing/interviews are offered on a walk-in basis. Please call 757-648-6050 for interview dates.

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

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 diapers-Once a month (for eligible families)
1109 S military hwy. Chesapeake VA 23320
Every Thursday, 3 PM to 6 PM – Register here

Maternal Mental Health Counseling
The It Takes a Village (ITAV) program, launched by the Virginia Health Care Foundation in 2025, provides vital mental health support for pregnant and postpartum mothers across Virginia. ITAV connects individuals with behavioral health providers **for telehealth and in-person counseling—offered in both English and Spanish. Services are available at low or no cost through participating organizations,** with all locations accepting insurance and offering sliding fee scales for those without coverage.

Upcoming events:

safeTALK - Suicide Prevention Training
Eastern Shore CSB - Prevention
15150 Merry Cat Ln Belle Haven, VA 23306
Oct 15, 1 PM

Free Community Health Fair 2026
VDH & Sentara & Community Partners
West end Baptist Church
2413 Chell Road Hamptons, VA 23661
October 17, 10 AM
*Vendors For more information, contact Shonda Moss at 757-285-0194 or email communityhealfairva@gmail.com.

ROOTED: A Housing Empowerment Summit
Charity Means Love Foundation
Downing-Gross Cultural Arts Center
2410 Wickham Avenue, Newport News, VA 23607
Oct 24, 8:30 AM

Thoracic Oncology Mobile Experience (Tome) Event
Sentara
Sentara Brock Cancer Center
6251 East Virginia Beach Boulevard, Norfolk, VA 23502
Nov 6, 10 AM