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

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

Academia de Empoderamiento YWomen Power*
Serie de aprendizaje virtual sobre bienestar financiero
YMCA South Hamptons & Latinos in Virginia Empowerment Center (LIVE)
Todos los meses a partir de Abril, 6 to 8 PM – Virtual – Registration.

Pretty In Pink 2nd Annual Breast Cancer Walk at Sandy Bottom
Pretty In Pink
Sandy Bottom Nature Park
1255 Big Bethel Road, Hampton, VA 23669
April 11, 10 AM
*Calling vendors

NEW HOPE APRIL COMMUNITY FUN DAY
New Hope Church
New Hope Christian Community Center
3241 Brest Avenue, Norfolk, VA 23509
April 11, 11 AM

Community Baby Shower
Omicron Xi Zeta, Zeta Phi Beta Sorority, Inc.
Olde Towne Medical and Dental Center
5249 Olde Towne Road, Williamsburg, VA 23188
April 15, 11:30 AM

Healthcare Provider Lunch & Learn
DBHDS
Bloom Coworking
739 High Street, Portsmouth, VA 23704
April 15, 2 PM

safeTALK - Suicide Prevention Training
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln, Belle Haven, VA 23306
April 16, 1PM to 4 PM

SPRING COMMUNITY SERVICES FESTIVAL
Urban League Financial Center
835 Glenrock Road, Norfolk, VA 23502
April 16, 10 AM

Taller de Soporte para la Familia
Hands of Grace VA
April 16, 5 PM - Virtual
Más información admin@handsofgraceva.org o WhatsApp 757-979-4277
- Calendario de Talleres mes de Abril – April Calendar workshops.

Feria de Recursos – Resource Fair
Iglesia OASIS de Vida-AVIVA
3031 Churchland Blvd, Chesapeake, VA 23321
April 25, 11 AM to 2 PM

Activate Your Wellness
Norfolk Community Services Board Prevention
Richard A. Tucker Memorial Library
2350 Berkley Avenue, Norfolk, VA 23523
April 29, 1:30 PM

Derechos de los Inmigrantes (sesión 2)
Hands of Grace VA
April 20, 5 PM - Virtual – Para Inscribirse Regístrese aquí
Más información admin@handsofgraceva.org o WhatsApp 757-979-4277

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.**

Hamptons Roads Bon Secour Care-A-Van
Bon Secour
Locations includes : Norfolk, Newport News, Hamptons, Chesapeake, Virginia, Beach, Surfolk and Portsmouth. Check April 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 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:

2026 City of Chesapeake Community Resource Fair

Chesapeake Thrives

Indian River Community Center

2250 Old Greenbrier Road, Chesapeake, VA 23325

May 2, 10 AM

Bloom & Belong (Mother Day Cultural Celebration)
Hands of Grace VA
611 18th St. Virginia Beach, 23451 VA
May 9, 4 PM to 8 PM
* More information admin@handsofgraceva.org or WhatsApp 757-979-4277

Life Skills Autism Academy - Free Community Resource Fair & Activity Day!
Life Skills Autism Academy
Life Skills Autism Academy - ABA Therapy Center
220 Corporate Boulevard, Norfolk, VA 23502
May 9, 10 AM

FIESTAHAN FILIPINO MARKET
Agenda Virginia LLC
Maker's Craft Brewery
735 East 23rd Street, Norfolk, VA 23504
May 9, 2 PM
*Join Ligayafest for "Fiestahan" at Maker's Craft Brewing as we celebrate Asian American & Pacific Islander heritage month

The 2nd Annual Medical and Mental Health Wellness Fair
Hampton Alumnae Delta Sigma Theta Sorority, Inc.
Hampton Roads Convention Center
1610 Coliseum Drive, Hampton, VA 23666
May 16, 9 AM

Hampton Roads Youth Leadership Conference
Care More Community
Richard Bowling Elementary
2700 East Princess Anne Road, Norfolk, VA 23504
May 16, 11 AM

Haitian Flag Day
1HOPE4HAITI
3401 Azalea Garden Rd, Norfolk, VA 23513
May 16, 12 PM

VBFD's 5th Annual Homeschool Public Safety Day

VBFD Life Safety Education

Princess Anne Athletic Complex

4001 Dam Neck Road, Virginia Beach, VA 23456

May 19, 10 AM

2026 Hampton Roads Housing Symposium

Virginia Housing and Community development corporation

Suffolk Center for Cultural Arts

110 Finney Avenue, Suffolk, VA 23434

May 22, 9 AM

2026 Provider Summit on Aging and People with Disabilities

Norfolk Commission on Aging and Long-Term Care

Hampton Roads Planning District

723 Woodlake Drive, Chesapeake, VA 23320

April 29, 9 AM

Adult Mental Health First Aid - In-Person

Eastern Shore Community Services Board

Eastern Shore CSB - Prevention

15150 Merry Cat Ln, Belle Haven, VA 23306

June 4, 9 AM to 5 PM

Festival para la Comunidad Latina

Hands of Grace VA & Partners

4092 Foxwood Drive, Virginia Beach, VA 23462

June 20, 12 PM to 4 PM

2nd Caribbean Heritage Month/ One Love Celebration

Mill Point Park

100 Eaton Street, Hampton, VA 23669

June 20, 2 PM