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

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

211 Anchor Agency Collaborative Meeting
211 resource line
October 6, 10:00 - 11:30 AM (virtual).
*Updates, networking and statewide resources

Comunidad Hispana Join The Hispanic Citizen Police Academy
Virginia Beach Police Department
In the Public Utilities Operations building
3500 Dam Neck Road, Virginia Beach, VA 23453
October through December, 6 PM to 9 PM
*You will learn: Your rights as an individual in Virginia Beach, How to call the emergency and non-emergency dispatcher for help, Learn about the work of a police officer, Volunteer Opportunities. More information? Contact Monica Nieves at monicasuarsz007@gmail.com or call 671-285-7598

PEATC Temporada de Otoño- Talleres en Español
2026 Serie De Educación Especial - PEATC presenta esta serie de talleres virtuales para padres y profesionales que desean aprender más sobre la educación especial en Virginia.
PEATC presents this series of virtual workshops for parents and professionals who want to learn more about special education in Virginia.

Child Care Financing Program and Resources Workshop
SBSD
The HIVE by City of Virginia Beach
140 Independence Boulevard, Virginia Beach, VA 23462
Oct 6, 9 AM

Gloucester Resource Council Meeting

Gloucester Library, in the Community Room, and by Zoom

6920 Main St, Gloucester, VA 23061

Oct 7, 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

Adverse Childhood Experiences Training - ACEs (1.5 hours, Virtual)

Behavioral Health, Wellness & Prevention Services

Oct 9, 1:30 PM – Virtual

Bon Secours Drive Thru Flu Clinic

Bon Secours Mary Immaculate Hospital

2 Bernardine Drive, Newport News, VA 23602

Oct 10, 8 AM

Sentara Princess Anne Hospital Community Day

Sentara Princess Anne Hospital

2075 Glenn Mitchell Drive

Suite 406 Virginia Beach, VA 23456

Oct 10, 8 AM

*Join us for a fun community day at Sentara Princess Anne Hospital from 9 a.m. - noon. Event highlights: Drive-Thru Flu Vaccinations (8:00 a.m. - 12:00 p.m.) This event is free and open to the public! Registration is available on-site the day of the event.

2nd Annual Human Services Day Resource Fun Fair

City of Newport News Department of Human Services

6060 Jefferson Avenue Newport News, VA 23605

Oct 10, 11 AM

Stronger Than Cancer: Community Fair

Mary W. Jackson Neighborhood Center

231 Lincoln Street, Hampton, VA 23669

Oct 10, 12 PM

Virginia Beach Union Latina Olimpiadas
Union Latina
Mount Trashmore Park
310 Edwin Dr. Virginia Beach, VA 23462
Oct 11, 12 PM to 4 PM

safeTALK - Suicide Prevention Training
Eastern Shore Community Services Board
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.

Know your Rights – Options for returning citizens Virginia
LAJC & The Humanization Project
Facebook Live
Oct 18 and 25, 7 PM - flyer

Adverse Childhood Experiences (ACEs) Training - Trauma and Resilience
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln, Belle Haven, VA 23306
Oct 21 21, 9 AM

Youth Mental Health First Aid Training
Behavioral Health, Wellness & Prevention Services
Meyera E. Oberndorf Central Library
4100 Virginia Beach Boulevard, Virginia Beach, VA 23452
Oct 21, 10 AM

Newport News Greek Festival

Hosted by The Saints Constantine and Helen Greek Orthodox Church community

60 Traverse Road Newport News, VA 23606

Oct 22-24, 4 PM to 9 PM -11 AM to 9 PM

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

Village Family 4th Sunday CommunityFamilyReunion* (resource event)

Village Family

First Calvary Baptist Church

813 Henry Street, Norfolk, VA 23504

Oct 25, 3 PM

Hamptons Roads Bon Secour Care-A-Van

Bon Secour

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

Thoracic Oncology Mobile Experience (Tome) Event

Sentara

Sentara Brock Cancer Center

6251 East Virginia Beach Boulevard, Norfolk, VA 23502

Nov 6, 10 AM

Full Conversation English Workshop

Hands of Grace

Classes: November, December, January, and February

Start date: Tuesday, November 3- **Format:** 100% in person

Cost: $60 per month- **Immigration status is not required**

Limited spaces available

To register, simply complete the registration form.

Preguntas? Envie un mensaje por WhatsApp 757-979-4277.