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

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

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.

Latinos in Virginia Empowerment center
Hamptons Roads
Events and Trainings Nov Calendar

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.
Nov 3 and 17 - PEATC presents this series of virtual workshops for parents and professionals who want to learn more about special education in Virginia.

Gloucester Resource Council Meeting
Gloucester Library, in the Community Room, and by Zoom
6920 Main St, Gloucester, VA 23061
Nov 4, 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

Fall Community Festival
835 Glenrock Road, Norfolk, VA 23502
Nov 5, 10 AM

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

Gratis Distribucion de Alimentos – Free Food Distribution
CAF & LVEC
3808 Poplar Hill Road Chesapeake VA 23321
Nov 7, 10 AM to 12 PM

BAYANIHAN FILIPINO FESTIVAL
Maker's Craft Brewery
735 East 23rd Street, Norfolk, VA 23504
Nov 7, 2 PM

Consulado General de El Salvador
1317 E Little Creek Road, Norfolk, VA 23518
Nov 14, 8 AM to 3 PM – Por orden de llegada

safeTALK - Suicide Prevention Training
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln, Belle Haven, VA 23306
Nov 19, 1 PM

Mental Health First Aid (Adult)
Volunteers of America Chesapeake & Carolinas
700 Tech Center Parkway, Newport News, VA 23606
Nov 19, 9 AM

Village Family 4th Sunday CommunityFamilyReunion* (resource event)
Village Family
First Calvary Baptist Church
813 Henry Street, Norfolk, VA 23504
Nov 22, 3 PM

Hamptons Roads Bon Secour Care-A-Van

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

Building Better Smiles – Community Conversations with Cardinal Care Smiles
Western Tidewater Session
Dec 17, 11 AM
Virtual -This session is designed to create space for open dialogue with community partners to better understand local needs, challenges, and opportunities related to oral health access and education.

ToyFest Free Toys (for Kids)
Hands of Grace
YMCA Camp Grom
1181 Prosperity Road VA Beach VA 23451
Dec 19, 11 AM

Maternal Health: Pregnancy, Postpartum & Mental and Physical Wellness
NCBW Southeastern Virginia Chapter
The Mustard Seed Place
340 High Street, Portsmouth, VA 23704
January 23, 10 AM