CENTRAL VIRGINIA

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

Preparación gratuita de declaración de impuestos / Free Tax Return Preparation
Sacred Heart & Tax Project & United Way
1400 Perry Street, Richmond VA 23224
Feb 2- April 15, Call for more information 804-230-4399
*Appointment Required. Maximum Annual Income is $68,000. Tax Preparation Service for Years 2023, 2024, and 2025. Assistance in Applying for Your ITIN (Tax ID). Free Legal Consultations to Resolve Past Tax Issues

Clothes Closet and more
Ashland Chistian Church
Are you in need of gently used clothes and other items?
Christian Church (Disciples of Christ)
14023 Independence Rd Ashland, VA 23005
March 7, 10 AM to 11:30 AM
***** Email accdisciplesdepot@gmail.com, if you have any questions. Non -English Speakers from 10-11, Open to everyone at 11am

Talleres de Aprendizaje (comunidad de Southwood)
City of Richmond
La casita de la piscina de SouthWood
1600 Clarkson Road
Todos los miércoles de Marzo, 5 PM a 7 PM

Trauma-Informed Supervision
Greater Richmond Scan
March 11, 11 AM to 1 PM- Virtual
*CEU's Available - This training will provide a discussion of six trauma-informed principles and how each can be applied to the practice of supervision.

Pathways to the Future: What a Fright!
Plan RVA
8460 Times Dispatch Boulevard, Mechanicsville, VA 23116
March 13, 9 AM

Legal Clinics Immigration

OIRE & Las Abogadas RVA

Legal Consultations in Spanish and English

4100 Hull Street road, Richmond VA

March 12, 9 AM to 12 PM

Requires Appt- Call 804-6460145

Impact of Trauma Exposure on Professionals

Greater Richmond Scan

March 19, 2 PM - Virtual

*CEU's Available

* This training will help participants identify symptoms and warning signs of traumatic stress as well as learn the differences between three common trauma exposure responses: secondary traumatic stress, compassion fatigue, and burnout.

Primeros Auxilios/RCP/DEA - Adultos y Pediátrico - En Persona - En Español

Capaz+IT

Community Growth Center

5912 Hull Street Road North Richmond, VA 23224

March 21, 8 AM

Immigration legal clinics for survivors of domestic and sexual violence

Clínicas legales de derecho migratorio para víctimas de violencia doméstica y sexual

Latinos en Virginia Empowerment center & Abogados Isabel Saavedra

9513 Hull Street Rd, Suite B, N Chesterfield VA

Register for appointment call 804-658-3341

*****See March Richmond calendar events and trainings Here

QPR Suicide Prevention Training

Hanover County Behavioral Health Wellness Team

The Branch Ashland

123 Junction Drive, Ashland, VA 23005

March 24, 4 PM

Virginia State University Student Leadership Conference

Gateway Event Center Virginia State University

2804 Martin Luther King Drive, VIRGINIA STATE UNIVERSITY, VA 23806

March 24, 8:30 AM

Career Fair

Virginia Career works

Henrico Center

121 Cedar Folk Rd Henrico, VA 23223

March 26, 11 AM to 2 PM

Youth Mental Health First Aid Workshop

Virginia Home for Boys and Girls

8716 West Broad Street, Henrico, VA 23294

March 27, 9 AM to 5 PM

Other events and Resources

VDH Crater Health District Care Resource Guide Feb/March 2026

Other on-going events and services:

Free Virtual Legal Immigration Consultations is Spanish and English

Consultas legales de Inmigración Virtuales en Ingles y Español

OIRE & Las Abogadas RVA

Haga su cita llamando **804-646-0145 – Cupos Limitados**

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.

Grief Mental Health Support Group in person and Virtual (FREE sessions in Spanish)

Duelo Latino

Provides FREE grief counseling, support & education in SPANISH for adults 18+ throughout Virginia IN-PERSON & VIRTUAL formats available. Services are 100% confidential & provided by qualified Latina clinicians who are native Spanish-speakers. Registration and referrals contact: Igmara Sánchez Prunier or Yozaira León-Santiago at duelolatino@gmail.com or Call 804-424-1996. For more information here

Asistencia para la resolución de conflictos tributarios
Latinos en Virginia Empowerment center & PCLI
Segundo Martes de cada mes de 1 pm to 5 pm
Llame para hacer cita 804 658 3341

Entre Nosotros los latinos
Chesterfield Mental Health Support Services
Grupo de Apoyo para la comunidad Latina
Cada Miércoles, 5:30 PM to 6:30 PM - Virtual
*El grupo ofrece la oportunidad de compartir preocupaciones de forma segura y aprender maneras saludables de manejarlas. Para preguntas 804-717-6328 o enviar un email a negronvegak@cherterfield.gov

Gratis Cartas de Poder y Tutela de Reserva
Power of Attorneys
Broad Rock Library
4820 Old Warwick Rd, Richmond VA
***Please call Heather to Schedule an appointment 804-646-1867**

Necesitas ayuda con...
Latinos in Virginia Empowerment Center & EnrollVA & CVLAS
Orientación de como navegar el sistema de Salud, Medicaid o Marketplace, aplicaciones para seguro medico, ect.
9513 Hull Street Rd, Suite B, N Chesterfield VA
* Haga su cita llamando 804-658-3341

Latino Hub (Community Services by appointment only)
Latinos in Virginia Empowerment Center
9513 Hull Street Rd, Suite B, N Chesterfield VA
*Help with TANF, Medicaid, SNAP, Community Tax Law Project and more services.
Call for appointments 804 -658-3341.

CITAS PARA TRAMITAR PODERES LEGALES
Sacred Heart
1400 Perry St, Richmond, VA
*Call for dates and appointments **804-230-4399** Registration is required

Manchester Bon Secour Care-A-Van

Bon Secour

Locations includes: Richmond and Petersburg Check Spanish and English calendar schedule

Different dates, 8:30 AM to 12 PM

*To schedule an appointment please call 804-545-1923

Join the monthly TRIAD Information Meeting

Focused on keeping older adults safe, informed, and protected in your community.

Richmond Police Training Academy

1202 W. Graham Road, Richmond, VA 23220

Second Wednesday of each month, 11:00 AM – 12:30 PM

*This is a great opportunity for older adults, caregivers, family members, and community partners to connect and learn practical safety tips.

Upcoming events:

DentaQuest Office Hours

Sentara Community Care Center

5116 Richmond Henrico Turnpike, Richmond, VA 23227

April 7, Office hours. 10 AM to 12:30 PM

*Join us for in-person DentaQuest Office Hours at the Sentara Community Care Center! Our team will be available to answer any questions about dental care, insurance, and more.

Ekphrastic (Art from Art) Poetry Reading and Art Exhibit at Gold Lion

CommonWealth Poetry Readings And Events

Gold Lion Community Cafe

1012 Hull Street Richmond, VA 23224

April 18, 6 PM

Community Stop The Bleed Training

St. Luke Legacy Center

900 St. James Street Suite 100 Richmond, VA

April 19, 10 AM to 1 PM

Legal education Sessions

VCU Health & Central Virginia Aid Society

1330 N 25th Street Suite A, Richmond VA 23223

Different dates May 6 and June 3, 3 PM to 4 PM