CENTRAL VIRGINIA

Due to the ongoing government shutdown, many families may experience disruptions in federal benefits. If you or someone you know needs food assistance during this time, you can find a local food pantry through the Federation of Virginia Food Banks.

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**

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
Nov 1, 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

Primeros Auxilios/RCP/DEA - Adultos y Pediátrico - En Persona - En Español
Capaz+IT
Capaz+IT Community Growth Center
5912 Hull Street Road North Richmond, VA 23224
Nov 1, 8 AM

ExpresARTE
Latinos In Virginia Empowerment Center
Chesterfield
Nov 3 and 10, 5 PM
*Therapeutic group created especially for boys and girls who have been exposed to domestic violence. Call for more information 804- 658-3341

History and Health Symposium
"Improving Access to Childbearing Health Care: Histories, Solutions and Strategies"
Virginia Museum of History and Culture
428 N. Arthur Ashe Blvd, Richmond VA 23220
November 6, 12 PM to 5 PM
*The 2025 History and Health Symposium is hosted by the Office of Health Initiatives and the Humanities Research Center, and sponsored by the Institute for Women's Health, the Department of Obstetrics and Gynecology and the School of Dentistry at Virginia Commonwealth University. REGISTRATION

Food Pantry
Tomahawk Baptist Church
12920 Hull Street Rd Midlothian, VA
Nov 6 and 20, 4:30 PM

Mommy & Me ASL Group
The Disability Resource Center
409 Progress Street, Fredericksburg, VA 22401
Nov 7, 10 AM to 11 AM Every Friday

The Way to Transition from school to adult life - Camino a la Trancision de la Escuela a la Vida Adulta
ECNV
Sacred Heart Center
1400 Perry Street, Richmond, VA 23224
Nov 8, 10 AM to 1 PM
* This event will be conducted completely in Spanish. More information available English and Spanish flyers

Substance Abuse Free Environment (SAFE) Annual Meeting & Silent Auction
SAFE
Brightpoint Community College – Chester Campus
13101 U.S. Route 1, Chester, VA, 23831
November 13, 6 PM to 8 PM
* Whether you're a parent, educator, partner, or advocate, this evening is a chance to recommit to a future that begins with supporting our youth. This year's theme, "It Starts with Youth," highlights the vital role young people play in building a healthier, drug-free community. Registration here

Youth Mental Health First Aid Workshop
Mental Health First Aid
8716 West Broad Street Henrico, VA 23294
Nov 14, 8:30 AM

Real Talk: Violence Prevention Community Circle
St. Luke Legacy Center
900 St. James Street Suite 100 Richmond, VA
Nov 15, 3 PM to 4 PM

Community Stop The Bleed Training
St. Luke Legacy Center
900 St. James Street Suite 100 Richmond, VA
Nov 15, 10 AM to 1 PM

Peru Fest 2025
Silk & Sol LLC
1000 Virginia Center Parkway Glen Allen, VA 23059
Nov 16, 12 PM
*Join and celebrate Peruvian Culture

safeTalk Training
Hanover County Behavioral Health Wellness Team
9734 Atlee Commons Drive Ashland, VA 23005
Nov 18, 4:30 PM

It Takes A Village Community Conversation
Henrico Too Smart 2 Start
The Oak Avenue Complex
15 South Oak Avenue Highland Springs, VA 23075
Nov 18, 5:30 PM

Mente Sobre Materia (Taller Virtual para ayudar a manejar el Cáncer)
Free 5 weeks Workshops for managing worry, fear and sadness in anyone affecting by cancer
Inova & Duelo Latino
Until Nov 20 - Virtual
Preguntas y Registración Llamar a Ricky Robles: 703-698-2526

ImmunizeVA November Quarterly Meeting

ImmunizeVA

Larrick Student Center

900 Turpin Street Richmond, VA 23219

Nov 21, 12 PM

*Join the Coalition this November in Richmond for our Quarterly Meeting to connect with other immunization advocates in person

Food, Shoes & Clothing Giveaway

Katie's Soles

22 West Washington Street Petersburg, VA 23803

Nov 21, 3 PM

Mending Hearts Circle 2025

Mending Hearts Ministry

City Church

4700 Oakleys Lane Richmond, VA 23231

Nov 25, 6:30 PM

*Provides in-person support and encouragement to mothers on their grief journey after suffering the loss of a child. Our support group meetings are free and meet every 4th Tuesday of each month from 6:30-8:00pm.

Clínicas de Condiciones de Vivienda

LAJC

626 E Broad St #200, Richmond

Nov 25, último martes del mes 10 AM to 1 PM

Other on-going events and services:

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
For more information here

Seminario ITIN/ SS (en español)
Sacred Heart & PCLI
1400 Perry St, Richmond
On going- call for more information 804-230-4399
* This seminar explains the ins and outs of important identifying numbers: SSN, TIN and EIN. If you have clients or community members that could benefit from a deeper understanding of the use of the numbers and how they relate/affect tax filings.

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

Sentara Mobile Clinic

Sentara & Optima Health & Virginia Premier

The Hope Center

827 Commerce Street, Peterburg, VA

Every Thursday, 10 AM to 1 PM

*Medicaid and Uninsured community member are welcome!

Latino Hub (Community Services by appointment only)

Latinos in Virginia Empowerment Center

9513 Hull Street Rd, Suite B, N Chesterfield VA

*TANF, Medicaid, SNAP, Community Tax Law Project and more.

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

Next Month:

Greater Richmond Unite Us Community of Practice

Unite US

Medical Society of Virginia

2924 Emerywood Parkway ## 300 Richmond, VA

Dec 9, 12 PM to 1:30 PM

safeTalk Training

Hanover County Behavioral Health Wellness Team

TBD

Dec, 9 AM to 12:30 PM, Hanover