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

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

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

Community Day & Health Fair
Helping Hands resource INC
Huntersville Park
960 Goff Street, Norfolk, VA 23504
May 9, 2 PM

Academia de Empoderamiento YWomen Power*
Serie de aprendizaje virtual sobre bienestar financiero
YMCA South Hamptons & Latinos in Virginia Empowerment Center (LIVE)
Aspectos que considerar al irse – Consideration When Leaving
May 12, 6 PM – Virtual – Registration.

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

Cultural Fest
Suffolk Park and Recreation
Downtown Festival Park
215 W Washington St., Suffolk, VA
May 16, 11 AM to 5 PM
*Participation Ballet Folklorico Mexicano Mis Raices

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

safeTALK - Suicide Prevention Training
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln, Belle Haven, VA 23306
May 21, 1PM to 4 PM

Causeway Academy Community Field Day
430 Jamestown Avenue Portsmouth, VA 23704
May 21, 5 PM

Village Family 4th Sunday CommunityFamilyReunion* (resource event)
Village Family
First Calvary Baptist Church
813 Henry Street, Norfolk, VA 23504
May 24, 3 PM

Diverse Hampton Roads Networking Event (Peninsula)
Diverse Hampton Roads
Salsa's Mexican Grill
704 Mariners Row #110 Newport News, VA 23606
May 27, 6:30 PM
* Don't miss the chance to build relationships and grow your circle with a diverse and inclusive community.

2026 Provider Summit on Aging and People with Disabilities
Hampton Roads Planning District
723 Woodlake Drive, Chesapeake, VA 23320
May 29, 9 AM

Faith & Wellness Community Health Fair
National Black Nurses Association Hampton Roads VA
3935 Twin Pines Road, Portsmouth, VA 23703
May 30, 12 PM

The Mental Wellness Reset
Kempsville Area Library
832 Kempsville Road, Virginia Beach, VA 23464
May 30, 2 PM

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:

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