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

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

Surviving Through Mental Health Family Matters: Part 2
Norfolk Community Services Board & ORF
1010 Church Street Norfolk, VA 23510
July 9, 5:30 PM

Feria de Transformación Comunitaria
Centro de Apoyo Familiar
Iglesia de Dios Pentecostal M.I Camino de Restauracion
707 East Bayview Boulevard, Norfolk, VA 23503
July 11, 10 AM to 3 PM

Portsmouth United Domestic Violence Collaboration Meeting
Portsmouth United Domestic Violence
206 High Street Portsmouth, VA 23704
July 14, 6 PM

Diverse Hampton Roads Networking Event (Southside)
Diverse Hampton Roads
Union Taco
515 Belaire Avenue Chesapeake, VA 23320
July 15, 6 PM

safeTALK - Suicide Prevention Training
Eastern Shore CSB - Prevention
15150 Merry Cat Ln Belle Haven, VA 23306
July 16, 1 PM

25th Norfolk Latino Music Festival
Town Point Park, Downtown Norfolk Waterfront, VA
July 18, Noon – 11 PM
***Free & Open to the Public!**

Tidewater Inclusive Educators' Conference
The Virginia Center for Inclusive Communities
1320 Mill Dam Rd, Virginia Beach, VA 23454
July 21 and 22, (two different locations)
***Cost $40- Breakfast, lunch, snacks, and all program materials are provided for all participants on both days.**

Diverse Hampton Roads Networking Event (Peninsula)
Diverse Hampton Roads
Venture Kitchen & Bar
9 East Queens Way East, Hampton, VA 23669
July 22, 6 PM

Poverty Simulation Workshop
VCE & Virginia Beach Public Health Foundation
Building 19 | Virginia Beach Municipal Center
2416 Courthouse Drive Virginia Beach, VA 23456
July 24, 12:30 PM

Village Family 4th Sunday CommunityFamilyReunion* (resource event)
Village Family
First Calvary Baptist Church
813 Henry Street, Norfolk, VA 23504
July 26, 3 PM

Free Adult Mental Health First Aid Training
Behavioral Health, Wellness & Prevention Services
258 North Witchduck Road #suite 2c Virginia Beach, VA 23462
July 31, 8:30 AM

Hamptons Roads Bon Secour Care-A-Van
Bon Secour
Locations includes : Norfolk, Newport News, Hamptons, Chesapeake, Virginia, Beach, Surfolk and Portsmouth. Check July 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:

Gloucester Resource Council Meeting

Gloucester Library, in the Community Room, and by Zoom

6920 Main St, Gloucester, VA 23061

August 5, 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

Adult Mental Health First Aid - In-Person
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln, Belle Haven, VA 23306
August 6, 9 AM to 5 PM

"It's A Family Affair-Community Collaboration Expo!"
Val Will Educate, LLC
Meyera E. Oberndorf Central Library
4100 Virginia Beach Boulevard Virginia Beach, VA 23452
August 13, 12 PM to 3 PM

Balancing Your Mental Health Should Foster Recovery, Not Fear
POPINLIFE WELLNESS SOLUTIONS PLLC.
Mary D. Pretlow Anchor Branch Library (1st Floor Room 2)
111 West Ocean View Avenue Norfolk, VA 23503
August 15, 11 AM

2026 PEATC Parent and Youth Empowerment (PYE) Summit (Free)
PEATC
Great Wolf Lodge
549 East Rochambeau Drive, Williamsburg, VA 23188
August 29, 2026
*Calling Vendors- Contact PEATC at 703-923-0010 or partners@peatc.org with any questions

The Truth About Today's Drugs: What Families Need to Know
Behavioral Health, Wellness & Prevention Services
Meyera E. Oberndorf Central Library
4100 Virginia Beach Boulevard
Virginia Beach, VA 23452
August 29, 10 AM

Virginia CARIBFEST 2026!
VIRGINIA CARIBBEAN AMERICAN CULTURAL ASSOCIATION, INC
Town Point Park
333 Waterside Drive, Norfolk, VA 23510
Sep 19, 12 PM

Fundraising Networking Event: Celebrating Our Anniversary

Hands of Grace VA

Virginia Beach Convention Center

1000 19th Street Virginia Beach, VA 23451

Sep 26, 11 AM

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.