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

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

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

Derechos de los Inmigrantes Taller Informativo
Hands of Grace
March 16, 5 PM - Virtual – Para Inscribirse Regístrese aquí
Más información admi@handsofgraceva.org o WhatsApp 757-979-4277

Hands of Grace Virtual Session "Recursos en la Comunidad" (en Español)
Hands of Grace
March 18, 4 PM – Virtual – Para Inscribirse Regístrese aquí
Más información admi@handsofgraceva.org o WhatsApp 757-979-4277

Community Giveaway and Resources
Cornerstone Faith Church & The Hope Center
1924 E Pembroke Avenue, Hampton, VA 23663
March 21, 11 AM to 1 PM

Black Family Wellness Expo - Vendor Registration
Suffolk (VA) Chapter, Links, Incorporated
Paul D Camp Community College
100 North College Drive, Franklin, VA 23851
March 21, 10 AM

2026 Joint Mental Health Summit
M. Foscue Brock Institute
Waitzer Hall
735 Fairfax Avenue, Norfolk, VA 23507
March 24, 8:30 AM

Diverse Hampton Roads Networking Event (Peninsula)
The Deep
5 East Queens Way East, Hampton, VA 23669
March 25, 6 PM

Chesapeake Vendor Fair and Networking Event
SBSD
Chesapeake Central Library
298 Cedar Road, Chesapeake, VA 23322
March 26, 1 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 March 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
April 2, 9 AM to 5 PM

Pretty In Pink 2nd Annual Breast Cancer Walk at Sandy Bottom
Pretty In Pink
Sandy Bottom Nature Park
1255 Big Bethel Road, Hampton, VA 23669
April 11, 10 AM
*Calling vendors

Community Baby Shower
Omicron Xi Zeta, Zeta Phi Beta Sorority, Inc.
Olde Towne Medical and Dental Center
5249 Olde Towne Road, Williamsburg, VA 23188
April 15, 11:30 AM

safeTALK - Suicide Prevention Training
Eastern Shore Community Services Board
Eastern Shore CSB - Prevention
15150 Merry Cat Ln, Belle Haven, VA 23306
April 16, 1PM to 4 PM

Feria de Recursos – Resource Fair
Iglesia OASIS de Vida-AVIVA
3031 Churchland Blvd, Chesapeake, VA 23321
April 25, 11 AM to 2 PM

Bloom & Belong (Mother Day Cultural Celebration)
Hands of Grace
611 18th St. Virginia Beach, 23451 VA
May 9, 4 PM to 8 PM
* More information admi@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

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

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

Festival para la Comunidad Latina

Hands of Grace & Partners

4092 Foxwood Drive, Virginia Beach, VA 23462

June 20, 12 PM to 4 PM