Martha's Table
EDUCATION • FOOD • OPPORTUNITY

Art as Healing | Guided Art Workshop

October 09, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

October 09, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

October 13, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

October 14, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
EDUCATION • FOOD • OPPORTUNITY

Art as Healing | Guided Art Workshop

October 16, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

October 16, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

October 20, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

October 21, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Open Art

October 23, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Guided Art Workshop

October 23, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

October 27, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

October 28, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Open Art

October 30, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Guided Art Workshop

October 30, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

November 03, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

November 04, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Open Art

November 06, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Guided Art Workshop

November 06, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

November 10, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

November 11, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Open Art

November 13, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Guided Art Workshop

November 13, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

November 17, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

November 18, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Guided Art Workshop

November 20, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

November 20, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

November 24, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

November 25, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Guided Art Workshop

November 27, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

November 27, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

December 01, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

December 02, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Guided Art Workshop

December 04, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

December 04, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

December 08, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

December 09, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Guided Art Workshop

December 11, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

December 11, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

December 15, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

December 16, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Open Art

December 18, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Guided Art Workshop

December 18, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

December 22, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

December 23, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Martha's Table
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Art as Healing | Guided Art Workshop

December 25, 2026 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

December 25, 2026 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Mindful Moment

December 29, 2026 at 12:00 pm

Each week, you will receive an email with meditation resources, journaling questions, and/or other mindfulness content that you can choose to engage with at your leisure. Topics will include self-care, stress management, somatic processing, balance, etc.

Healthy Happy Hour

December 30, 2026 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

Join us at the Commons for complimentary mocktails, snacks, music, and games all centered around wellness.

Art as Healing | Guided Art Workshop

January 01, 2027 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.

Art as Healing | Open Art

January 01, 2027 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!

- 10am – 12pm: Guided art workshop with an instructor.
- 12pm -2 pm: Open Art: self guided art with supplies provided.