



Mindful Moment

February 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

February 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.



Art as Healing | Open Art

February 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.



Art as Healing | Guided Art Workshop

February 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.



Mindful Moment

March 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

March 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.



Art as Healing | Guided Art Workshop

March 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.



Art as Healing | Open Art

March 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.



Mindful Moment

March 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

March 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.



Art as Healing | Guided Art Workshop

March 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.



Art as Healing | Open Art

March 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.



Mindful Moment

March 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

March 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.



Art as Healing | Guided Art Workshop

March 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

March 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

March 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

March 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.



Art as Healing | Guided Art Workshop

March 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

March 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

March 31, 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

April 01, 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

April 03, 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

April 03, 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!

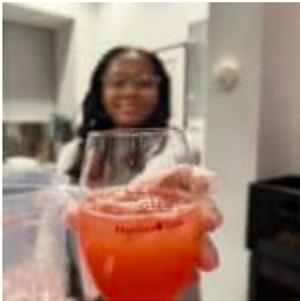
- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



Mindful Moment

April 07, 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

April 08, 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

April 10, 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

April 10, 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

April 14, 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

April 15, 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

April 17, 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

April 17, 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

April 21, 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

April 22, 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

April 24, 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

April 24, 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

April 28, 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

April 29, 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

May 01, 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

May 01, 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

May 05, 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

May 06, 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 | Open Art

May 08, 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

May 08, 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!

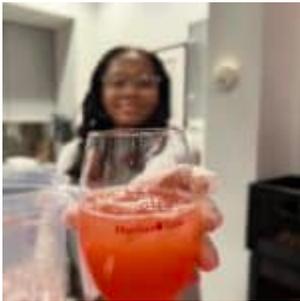
- 10am - 12pm: Guided art workshop with an instructor.
- 12pm - 2 pm: Open Art: self guided art with supplies provided.



Mindful Moment

May 12, 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

May 13, 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 | Open Art

May 15, 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

May 15, 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

May 19, 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

May 20, 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.
