



Art as Healing

July 11, 2025 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!



Art as Healing

July 11, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

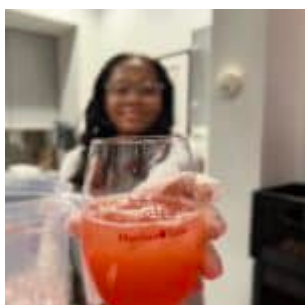
Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!



Mindful Moment

July 15, 2025 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

July 16, 2025 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

July 18, 2025 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!



Art as Healing

July 18, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

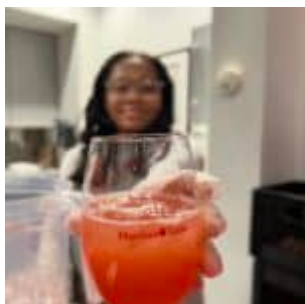
Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!



Mindful Moment

July 22, 2025 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

July 23, 2025 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

July 25, 2025 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!



Art as Healing

July 25, 2025 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!



Mindful Moment

July 29, 2025 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

July 30, 2025 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

August 01, 2025 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

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Art as Healing

August 01, 2025 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!



Mindful Moment

August 05, 2025 at 12:00 pm

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Healthy Happy Hour

August 06, 2025 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

August 08, 2025 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

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Art as Healing

August 08, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

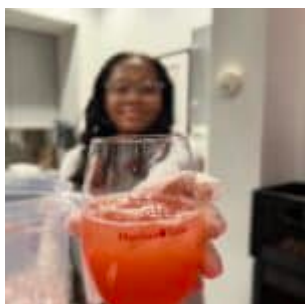
Join us at Martha's Table for a healing hour of painting, sculpting, jewelry making, and more! All supplies and refreshments are provided!



Mindful Moment

August 12, 2025 at 12:00 pm

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Healthy Happy Hour

August 13, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Art as Healing

August 15, 2025 at 12:00 pm

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Art as Healing

August 15, 2025 at 10:00 am

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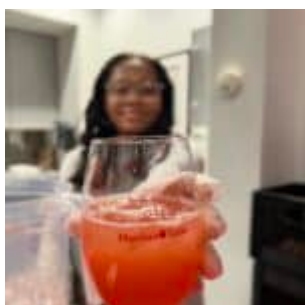
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Mindful Moment

August 19, 2025 at 12:00 pm

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Healthy Happy Hour

August 20, 2025 at 5:00 pm

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Art as Healing

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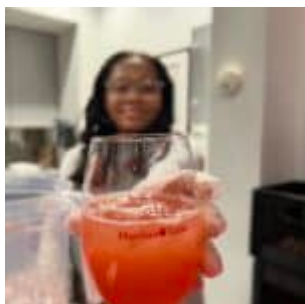
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Mindful Moment

August 26, 2025 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

August 27, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Art as Healing

August 29, 2025 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

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Art as Healing

August 29, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

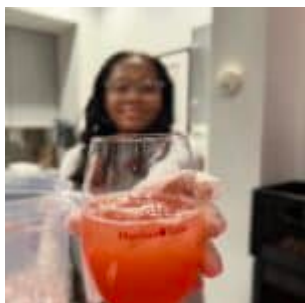
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Mindful Moment

September 02, 2025 at 12:00 pm

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Healthy Happy Hour

September 03, 2025 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

September 05, 2025 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

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Art as Healing

September 05, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

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Mindful Moment

September 09, 2025 at 12:00 pm

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Healthy Happy Hour

September 10, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Art as Healing

September 12, 2025 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

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Art as Healing

September 12, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

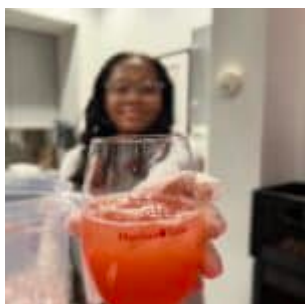
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Healthy Happy Hour

September 17, 2025 at 5:00 pm

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Art as Healing

September 19, 2025 at 12:00 pm

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Art as Healing

September 19, 2025 at 10:00 am

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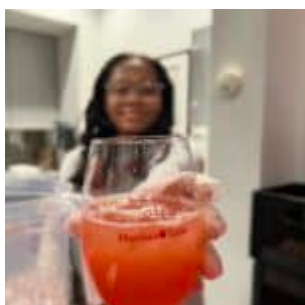
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Mindful Moment

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Healthy Happy Hour

September 24, 2025 at 5:00 pm

2375 Elvans Road SE, Washington DC, 20020

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Art as Healing

September 26, 2025 at 12:00 pm

2375 Elvans Rd SE, Washington DC, 20020

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Art as Healing

September 26, 2025 at 10:00 am

2375 Elvans Rd SE, Washington DC, 20020

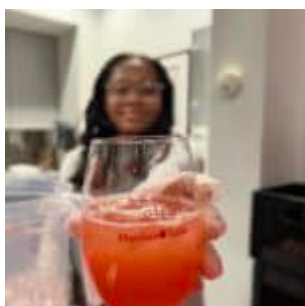
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Mindful Moment

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Healthy Happy Hour

October 01, 2025 at 5:00 pm

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Art as Healing

October 03, 2025 at 10:00 am

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Art as Healing

October 03, 2025 at 12:00 pm

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