

## Calendar of Events

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April 21, 2024

**Cheers to Volunteers!**

**Private Residence near Ballston**

10:00 AM - 12:00 PM EST

*Join members of the MONA Board for a Sunday morning mixer! We'll talk about volunteering needs over a mimosa bar. We can't wait to share how members can get involved in this fantastic community. We hope to see you there!*

April 30, 2024

**April MONA Book Club: "Anon Pls" by Deuxmoi and "Zoya" by MONA**

06:30 PM - 09:00 PM EST

Join the MONA Book Club to discuss our April read, "Anon Pls" by Deuxmoi AND a special bonus discussion on "Zoya" by Alexandra Pugachevsky (a MONA mom!!)

Date: Tuesday, April 30

Time: 6:30 PM (Note the earlier time due to the double feature!)

Location: 2300 Clarendon Blvd, Suite 200, Arlington, VA 22201

**\*\*We can order pizza and bring snacks/beverages to share!\*\***

About the books:

About Anon Pls:

Soon-to-be a Max Original series, written and co-produced by Diablo Coby and Ryan O'Connell!

*"Dazzling, propulsive, and delightfully juicy, Anon Pls. is the digital age's love letter to The Devil Wears Prada. Sexy, suspenseful, and so good you won't want to put it down—not even to check on the latest stories in Deuxmoi's feed. What an incredible debut." — Christina Lauren, New York Times bestselling author*

*When Cricket Lopez, assistant to one of the most notorious celebrity stylists, revamps her old fashion Instagram account and turns it into a source for celebrity gossip on a drunken whim, she never thinks it will become anything. It's just a way to blow off steam after a terrible, terrible day at work where her nightmarish boss screams at her and blames her for some 18-year-old influencer's screw-up. But when the account grows overnight and, even wilder, when she starts getting gossip from fans and insiders—juicy gossip—she has to face facts: her Instagram is now famous. She is now famous.*

*Though no one knows that she is behind the account, its newfound success quickly wreaks havoc on her real life. Her boss wonders why she's disappearing on the job, her friends are increasingly irritated by her dedication to the account, and she has celebrities, investors, and journalists approaching her nonstop. Plus, there's a steamy new love interest who she meets through her online persona—except she has no idea if she can truly trust his motives.*

*As the account grows and becomes more and more influential, she has to wonder: is it—the fame, the insider access, the escape from real life—really worth losing everything she has?*

About Zoya:

*What if one day you woke up to find that you have taken the place of your double – a doppelganger you never knew existed? And what if you liked their life better than your own?*

*That's what happens to Zoya Kassatkina, a twelve-year old girl living in Moscow. When the meanest bully at her school takes it too far, she is knocked unconscious and wakes up...in Paris.*

*There, Zoya's life is perfect. She even has a best friend! Zoya sets out to enjoy Paris to the fullest, except, it's not really her life. She has taken the place of another girl, Zoé, who has disappeared. Before Zoya can understand what happened to her and Zoé, she is thrown back to dreary Moscow!*

*Zoya will do anything to get back to Paris. It's the life that she truly deserves! She employs the help of her only friend to do so. But first, she needs to understand how she ended up in Paris in the first place. Did she discover a parallel universe? Is she part of*

*the metaverse? Did she travel in time? Or was it all just a dream?*

*As Zoya seeks answers, she learns about our multidimensional world and transforms her reality, as well as that of the people around her.*

May 2, 2024

**Starting Solids: Your Baby's First Bite into Nutrition!**

**Virtual**

08:00 PM - 07:00 PM EST

*Jennifer will introduce you to safety and nutrition basics that will make you more confident to start solids with your baby and make meals fun for everyone.*

*Learn more: [JenniferHanftNutrition.com](https://JenniferHanftNutrition.com)*

*Event Details*

*May 2, 2024*

*8:00 pm*

*Virtual*

May 4, 2024

**Rumble X MONA**

**118 Founders Ave**

**Falls Church, VA**

12:00 PM - 01:00 PM EST

*FREE Rumble Boxing Falls Church class for MONA members. 45 minute workout evenly split between boxing and strength training. Zero experience necessary. All levels welcome! Equipment will be complimentary.*

*Event Details*

*May 4, 2024*

*12:00 - 1:00 pm*

*118 Founders Ave Falls Church VA*

May 9, 2024

**Picky Eating: Stress-Free Strategies to Help Your Family!**

**Virtual**

08:00 PM - 07:00 PM EST

*Picky Eating: Stress-Free Strategies to Help Your Family!*

*Jennifer provides practical tips to help you understand and manage picky eating habits in children, reducing mealtime battles for your family.*

*Learn more: [JenniferHanftNutrition.com](https://JenniferHanftNutrition.com)*

*Event Details*

*May 9, 2024*

*8:00 pm*

*Virtual*

## **How To Talk To Your Kids: Death and Grief**

### **Zoom**

07:00 PM - 07:00 PM EST

*Losing a loved one, especially a grandparent or older family member, can be a difficult and emotional experience for children. The loss can have a profound impact on the entire family system, and it is essential to provide children with the support and guidance they need to navigate this challenging time. This information session will cover various topics related to grief and its management, including the impact on children, communication strategies, and ways to support children's emotional well-being.*

*By understanding the impact of grief on children, communicating openly and honestly, and offering ways to support their emotional well-being, parents and caregivers can help children cope with the loss and manage the impact on the family system. Remember, it is okay to not be okay, and it is essential to prioritize your own emotional well-being during this difficult time.*

*Presenters: Whitney and Brittany with Phases Virginia*

#### *About Whitney:*

*Whitney is a Licensed Professional Counselor with over fifteen years of experience with a variety of populations ranging from young children to adults. Whitney's therapeutic approach is grounded in an existential model, but she also draws from various other forms of therapy to best support her clients. Whitney's ultimate goal is to provide a safe and empowering space for clients to explore, grow, and overcome challenges. Whitney is here to support clients in developing self-compassion and accepting the person they are today, despite the obstacles they have faced or are still working through. In therapy sessions, Whitney incorporates strategies and techniques from behavioral therapies like cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT), as well as psychodynamic and family systems therapies.*

#### *About Brittany:*

*Brittany is a Licensed Professional Counselor and Professional School Counselor with a passion for helping people find meaning in life and achieve their goals. Brittany believes that finding meaning in life is key to navigating the ups and downs. It's easy to get caught up in the negatives and difficulties, but by shifting our perspective and focusing on what we can control, we can add value and meaning to our lives. Brittany is here to walk alongside clients on their journey of self-discovery and growth. Together with a client, Brittany will explore the positives, process through challenges, and help a client find hope, meaning, and a renewed sense of purpose. With a background in Brief Therapy, Solution Focused Therapy, Cognitive Behavioral Therapy, and Person Centered Therapy, Brittany provides a range of effective therapeutic approaches tailored to meet a client's needs.*

#### *About Phases Virginia:*

*At Phases Virginia, our practice approach to therapy is rooted in three core principles: an evidence-based approach, holistic perspective, and compassionate, gentle support. We are experts in providing psychotherapy (also called therapy or mental health counseling) to four main groups of people and their loved ones via telehealth: Child and Adolescent Therapy, Young Adult Therapy, Sports Therapy, and Parenthood. We believe in looking at a client's well being as a whole, rather than just their diagnosis or problem they present. Through our integrated approach, we empower individuals, families, and athletes to navigate life's challenges, develop resilience, and discover their true potential.*

*\*We are currently accepting new telehealth clients\**

May 16, 2024

**Mummy Tummy: RehABilitate your postpartum abs**

**Virtual**

07:00 PM - 07:00 PM EST

*Wonder where your abs went after baby? Been googling diastasis recti a little too much?*

*Come learn what those abs have been up to, where they've been, and how to get them working for you again!*

*Join Physical Therapist Dr. Carrie Pagliano, for this one-hour virtual workshop to find your deep abdominals again! (We'll definitely answer pelvic floor questions as well!)*

*Event Details*

*May 16, 2024*

*7:00 pm*

*Zoom*

April 14, 2024

**Family Mini Photo Session at Growing Smiles**

**Growing Smiles of Northern Virginia**

**80 E Jefferson Street Suit 400B**

**Falls Church, VA 22046**

10:00 AM - 11:30 AM EST

*Event Details*

*April 14, 2024*

*10:00 - 11:30 am*

*Growing Smiles of Northern Virginia*

*80 E Jefferson Street Suit 400B*

*Falls Church, VA*

*We know that MOMS are rarely in pictures, so we are excited to welcome you to our offices and make you the STAR of your own mini-photography session! The mini-photography session will last for approximately 5 minutes and we will try to capture as many photos as we can during this time. Your free digital photos will be available for download within a few weeks.*

*Space is limited! RSVP today!*

April 16, 2024

**College 101**

**Virtual**

07:00 PM - 08:30 PM EST

MONA Beyond Elementary,

College 101

*A lot has changed since MONA moms applied for college! Before you guide your children through the process, get acquainted with the new college application landscape with fellow MONA mom and independent educational consultant Katherine Rieder. Please submit your questions ahead of time here.*

*About the speaker: A former college professor and admissions officer, Katherine will discuss the current state of the field, and dive into everything from super scoring to early decision. To learn more about Katherine, please visit <https://www.krcollegecounseling.com/>.*

April 17, 2024

**2024 MONA School Fair**  
**The Congressional School**  
**3229 Sleepy Hollow Rd**  
**Falls Church, VA**

06:30 PM - 08:00 PM EST

*We are pleased to announce that MONA's Annual School Fair returns on April 17, 2024 at The Congressional School from 6:30-8:00pm. Local private schools and preschools - ranging from large independent schools to small local Montessori and faith-based schools -- will be represented.*

*A list of past participating schools can be found here: <https://tinyurl.com/MONAspringfair>. Closer to the event, we will update the list with schools participating in this year's fair.*

*Attendance is free, but advanced registration is encouraged.*

April 18, 2024

**How To Talk To Your Kids: Gun Safety**

07:00 PM - 08:00 PM EST

*Anne Holsinger and Liz McHugh from Moms Demand Action are bringing the Be Smart program to MONA members. The Be SMART campaign encourages parents and all adults to "Be SMART" and take these simple steps to help prevent shootings by children: Secure all guns in your home and vehicles; Model responsible behavior around guns; Ask about the presence of unsecured firearms in other homes your child visits; Recognize the roles of guns in suicide; Tell your peers to be SMART. Have questions you would like the speakers to answer during their presentation? Submit those here.*

*Event Details*

*April 18, 2024*

*7:00 pm*

*Zoom*

April 18, 2024

**MONA New Moms - Coffee Meetup**

**Italian Store - Westover**

**5837 Washington Blvd**

**Arlington, VA 22205**

10:30 AM - 11:30 AM EST

*Join other MONA New Moms at Italian Store (Westover) at 10:30 am. Look forward to seeing you there!*

*In the case of rain, please check the meet up post on the New Mom's group for any location changes*

*Want to be in the know about other New Mom subgroup events? Join the subgroup at: <https://monaforums.groups.io/g/NewMoms>.*

April 24, 2024

**CPR Course with the American Heart Association**

**Rock Springs Cooperative Preschool**

**5010 Little Falls Rd**

**Arlington, VA 22207**

**06:00 PM - 08:00 PM EST**

**THE AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR COURSE**

*Description:*

*This class is taught by registered nurses and the owner of Frontlines CPR is one of our very own MONA Moms!*

*This class is designed for people who want to learn CPR but do not need a course completion card in CPR for their job.*

*This course is ideal for expecting parents, existing parents, grandparents, babysitters, and others interested in learning how to save a life. This course teaches the lifesaving skills of adult and child CPR and AED use, infant CPR, and relief of choking in an adult, child, or infant. This class will run for approximately 2 hours.*

*Time:*

*6:00 PM-8:00 PM*

*Location:*

*Rock Spring Cooperative Preschool*

*5010 Little Falls Road*

*Arlington, VA 22207*

*Cost:*

*\$80 per person*

*Register and pay:*

*[www.frontlinescpr.com](http://www.frontlinescpr.com)*

*(Please refrain from bringing children to the public classes so that you're able to practice on the mannequins and concentrate on the material)*

April 25, 2024

### **Strategies To Navigate Perimenopause & Beyond**

**Virtual**

08:00 PM - 09:00 PM EST

*Please join us on Thursday, April 25th at 8 pm for 'Strategies To Navigate Perimenopause & Beyond.' It's a comprehensive discussion about the various aspects of perimenopause and how to manage it effectively. We know perimenopause, the transition before menopause, can be a challenging time for many. Lasting anywhere from 2-10 years, women often experience dozens of different symptoms...hot flashes, night sweats, fatigue, mood changes, and joint pain, to name a few. Understand how to navigate this time of hormonal fluctuation by using an integrative approach to nutrition and lifestyle.*

*About our host: Meghan Punda is a nurse practitioner and functional nutritionist. After discovering the transformative power of nutrition in her own life, she founded Nourished + Well. Her approach is rooted in bio-individuality, recognizing that one specific diet does not fit all. As a functional nutritionist, she uses her extensive experience and education to create personalized wellness plans for her clients. Whether you're struggling with hormonal health challenges, digestive disorders, or confused about what to eat, she will guide you toward optimal health.*

May 7, 2024

### **Applying to College**

**Virtual**

07:00 PM - 08:30 PM EST

*Applying to College: a Quick How-To Guide*

*The second session in our "Talking About College" series covers the nitty-gritty of the college application process and the things you and your child should be thinking about each step of the way! MONA mom and independent educational consultant Katherine Rieder will walk you through the college application timeline from middle school to senior year, with plenty of time for questions at the end.*

*Please submit your questions ahead of time here.*

*To learn more about Katherine and her experience as a college professor and admissions officer, please visit <https://www.krcollegecounseling.com/>.*

May 8, 2024

### **MONA BEN Meeting: Preparing for Pride Month**

**Private Residence (near Upton Hill)**

07:00 PM - 09:00 PM EST

May 8, 2024

7-9 pm

Private Residence (near Upton Hill)

*Preparing for Pride Month*

*Presenters: Sarah Nealy and Elizabeth Whitney*



May 10, 2024  
- May 12, 2024

## **MONA Mother's Day Weekend at Capon Springs & Farms**

Friday afternoon to Sunday mid-day

*Join other families for an unforgettable Mother's Day Weekend at Capon Springs & Farms, just a short 2-hour drive from home. Here's a chance for moms to take a break from meal preparation and clean up, household chores and everyday stress. And moms will enjoy 25% off our normal rates!*

*Exclusive Mother's Day Offer: Moms enjoy a generous 25% discount on our regular rates (that is as low as 260 per night all inclusive from mom) AND an additional \$25 off just for being a MONA member! Be sure to mention MONA to get the 25% discount and the \$25 off.*

### *Weekend Highlights:*

*History Presentation & Walking Tour: Friday night with Pete Budnyk, sharing tales of early American history intertwined with the inn's legacy.*

*Brand-new Escape Room: "Capon Station" by Gamemaster Charlotte, a captivating journey into the historic Winchester and Western Railroad station. (additional fee)*

*Weaving Workshops: Led by talented fiber artist Liza Q. Wirtz, offering a sample on Friday and full classes over the weekend.*

*Family-friendly Activities: From a spring house tour to a yoga session and a traditional campfire singalong.*

### *2024 package:*

*Capon Springs rates are all-inclusive, per-person rates. This weekend's rates include lodging, all meals and snacks, and all sports & Capon activities (except golf, spa services, and our escape room, which have their own reasonable charges), plus all taxes, fees, and recommended gratuities.*

*Arrive Friday afternoon May 10th to enjoy the popular fried chicken dinner with all the fixings. Relax on Saturday with lots of family-friendly activities. In the afternoon, there will be a spring house tour to see the water at its source followed by a yoga session.*

*Saturday night features the traditional campfire sing-along and hot dog roast. The weekend ends after the 12:30 mid-day meal.*

### *Accommodations and Reservations:*

*Lodging can be anywhere at Capon Springs. Some rooms with private baths can hold up to a family of 5 (2 adults and 3 kids/teens), while rooms with shared bath max out at a family of 4. A few connecting rooms are available for larger families. Call or email us to discuss options.*

*To reserve your room, contact Capon directly at (304) 874-3695 or email Margy at [margy@caponsprings.net](mailto:margy@caponsprings.net) or our main Reservations email [reservations@caponsprings.net](mailto:reservations@caponsprings.net).*

*To reserve your spa appointments, contact Hygeia directly [hygeia@caponsprings.net](mailto:hygeia@caponsprings.net). To pre-book an Escape Room, contact Gamemaster Charlotte at [escape@caponsprings.net](mailto:escape@caponsprings.net).*

May 11, 2024

**Member Social - Marsha and the Positrons!**

**Faith Lutheran Church**

**3313 Arlington Blvd**

**Arlington, VA**

11:00 AM - 12:00 PM EST

*Kindie (kids + indie) band Marsha and the Positrons play fun clever songs about science and how the world works with positive social messages!*

May 11, 2024

11am

Faith Lutheran Church

*As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!*

*Our monthly socials need volunteers! Consider volunteering for the May social here. Two volunteers are needed for every social - one to open the building and help the entertainer set up and another to clean up and close up the building. Please consider donating your time*

May 21, 2024

**How To Talk To Your Kids: ADHD and Neurodiversity Celebration**

**Virtual**

07:00 PM - 08:00 PM EST

*This talk will explain how ADHD is defined and diagnosed, including signs to look for and common misconceptions to avoid. In addition, we will discuss how to talk to your child about their own ADHD diagnosis, and how to help kids understand ADHD in their peers.*

*[Click here to pre-submit questions.](#)*

*Event Details*

*May 21, 2024*

*7:00 pm*

*Virtual*

*About the Speaker*

*Drs Katia Fredriksen and Yael Rothman are pediatric neuropsychologists at The Stixrud Group in Silver Spring. They complete evaluations with children and adolescents who experience difficulties related to attention and executive functioning skills, learning, emotional and behavioral regulation, and/or social functioning. They recently published a book ("Different Thinkers: ADHD") designed to help parents of elementary school-aged children present and discuss their child's ADHD diagnosis with them.*

May 22, 2024

**CPR Course with the American Heart Association**

**Rock Springs Cooperative Preschool**

**5010 Little Falls Rd**

**Arlington, VA 22207**

**06:00 PM - 08:00 PM EST**

**THE AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR COURSE**

*Description:*

*This class is taught by registered nurses and the owner of Frontlines CPR is one of our very own MONA Moms!*

*This class is designed for people who want to learn CPR but do not need a course completion card in CPR for their job.*

*This course is ideal for expecting parents, existing parents, grandparents, babysitters, and others interested in learning how to save a life. This course teaches the lifesaving skills of adult and child CPR and AED use, infant CPR, and relief of choking in an adult, child, or infant. This class will run for approximately 2 hours.*

*Time:*

*6:00 PM-8:00 PM*

*Location:*

*Rock Spring Cooperative Preschool*

*5010 Little Falls Road*

*Arlington, VA 22207*

*Cost:*

*\$80 per person*

*Register and pay:*

*[www.frontlinescpr.com](http://www.frontlinescpr.com)*

*(Please refrain from bringing children to the public classes so that you're able to practice on the mannequins and concentrate on the material)*

May 28, 2024

**MONA Book Club - "The Women" By Kristin Hannah**

**TBD**

07:00 PM - 09:00 PM EST

Kristen, 202-329-5707

kristen.tyagi@gmail.com

Join MONA Book Club for our May book discussion -- "The Women" by Kristin Hannah.

*About the book:*

*A #1 bestseller on The New York Times, USA Today, Washington Post, and Los Angeles Times!*

*From the celebrated author of The Nightingale and The Four Winds comes Kristin Hannah's The Women?at once an intimate portrait of coming of age in a dangerous time and an epic tale of a nation divided.*

*Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.*

*As green and inexperienced as the men sent to Vietnam to fight, Frankie is over-whelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets?and becomes one of?the lucky, the brave, the broken, and the lost.*

*But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.*

*The Women is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. A novel about deep friendships and bold patriotism, The Women is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era.*

June 2, 2024

**Annual Picnic @Lacey Woods Park**

**Lacey Woods Park**

11:00 AM - 03:00 PM EST

*The details:*

*Lacey Woods Park*

*June 2, 2024*

*11 AM - 3 PM*

*\$5 per family (only one registration needed per family)*

*Food trucks, bounce houses, face painters, glitter tattoo artists, and a lineup of wonderful performers.*

*Performer Schedule:*

*11:15 a.m.*

*12:15 p.m.*

*1:30 p.m.*

*On site will be two pay-on-your-own food trucks:*

*TBD*

*We will also have an ice cream novelty truck (prepacked ice cream treats). Every family that registers will receive tickets for treats from the ice cream truck!*

*We need volunteers! Help out while meeting new members!*

June 26, 2024

**CPR Course with the American Heart Association**

**Rock Springs Cooperative Preschool**

**5010 Little Falls Rd**

**Arlington, VA 22207**

**06:00 PM - 08:00 PM EST**

**THE AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR COURSE**

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*This class is taught by registered nurses and the owner of Frontlines CPR is one of our very own MONA Moms!*

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*Location:*

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*Cost:*

*\$80 per person*

*Register and pay:*

*[www.frontlinescpr.com](http://www.frontlinescpr.com)*

*(Please refrain from bringing children to the public classes so that you're able to practice on the mannequins and concentrate on the material)*

June 26, 2024

**MONA Book Club - "The Woman They Could Not Silence" by Kate Moore**

07:00 PM - 09:00 PM EST

Kristen,

kristen.tyagi@gmail.com

Join the MONA Book Club for our June book discussion - "The Woman They Could Not Silence" by Kate Moore.

*About the book:*

*From the New York Times, USA Today, and Wall Street Journal bestselling author of The Radium Girls comes another dark and dramatic but ultimately uplifting tale of a forgotten woman hero whose inspirational journey sparked lasting change for women's rights and exposed injustices that still resonate today.*

*"Moore has written a masterpiece of nonfiction."?Nathalia Holt, New York Times bestselling author of Rise of the Rocket Girls*

*Discover the powerful and untold true story of resilience, advocacy, and the fight for women's rights in The Woman They Could Not Silence by acclaimed author Kate Moore. This gripping and meticulously researched narrative shines a light on the remarkable journey of Elizabeth Packard, a pioneering woman whose indomitable spirit challenged the confines of her time.*

*In the mid-19th century, Elizabeth Packard found herself trapped in an unjust world, silenced by a society that deemed her opinions and intellect unworthy. Braving the confines of an oppressive mental asylum, Elizabeth defied all odds as she fought for her freedom and the rights of countless other women confined against their will. With relentless determination, she became a voice that resonated across the nation, igniting a movement for change.*

*The Woman They Could Not Silence is a triumphant tale of resilience, challenging the status quo, and the enduring power of the human spirit. Moore's meticulous research and rich historical detail bring Elizabeth Packard's story to life, painting a vivid portrait of a woman who defied society's expectations and paved the way for future generations.*

July 10, 2024

**MONA BEN Meeting - Improving Productivity**

07:00 PM - 09:00 PM EST

July 10, 2024

?7-9 pm

Location: Private Residence near Upton Hills

*How to Organize Our Lives to Improve our Productivity and Make Time for What We Love Doing*

*Presenter: Kelly Pham*

Coming Soon

**How To Talk To Your Kids: ADHD and Neurodiversity Celebration**

**Virtual**

07:00 PM - 08:00 PM EST

Virtual,