



Event hosted by
Teen Court & Michelle Gordan
with Omm Works



Mother Daughter Event

**This information session is for mothers
(step-mothers, foster moms, grandmothers,
aunts, sisters) and daughters.**

**Age of Youth: 12-18 years old
(still enrolled in school)**

**The class will focus on stress relief;
on self-management of emotions;
on breathing techniques; and on
movement and connecting to
themselves and their potential.**



Class Details:

Date: Wednesday, July 12, 2023

Time: 6:00pm-7:15pm

**Location: Charles County Sheriff's Office Headquarters Building
6915 Crain Highway La Plata, MD 20646**

**Limited seating is available, to register contact:
Sarah Vaughan, Teen Court Coordinator
301-609-3916 or vaughans@ccso.us**