



Series hosted by
Teen Court & Michelle Gordon
with Omm Works



Mother Daughter Series

An **eight** session series is for mothers (step-mothers, foster moms, grandmothers, aunts, sisters) and daughters.

Experience the many benefits of mediation, movement, and simple breathing techniques to relieve stress and create success —all in a safe, fun, and all-inclusive environment!



Session 4: Be Powerful

Focus on dreams, goals, and how to achieve the goals you set!

- Upcoming:**
- Session 5: Be Kind
 - Session 6: Be Expressive
 - Session 7: Be Purposeful
 - Session 8: Be OmmAzing!

Session Details:

Starts: Tuesday, April 30, 2024
Time: 6:00pm-7:15pm
Location: CCSO Headquarters Building
6915 Crain Highway La Plata, MD 20646

You do not need to have participated in prior sessions to attend this one!

Class is FREE for youth still enrolled in school and their accompanying adult

Classes for Charles County residents

To register contact:
Sarah Vaughan, Teen Court Coordinator
301-609-3916 or vaughans@ccso.us