



HOSTED BY TEEN COURT

TAUGHT BY WANDA MAHONEY  
COMMUNITY HEALTH & EVALUATION



# Relaxation Management

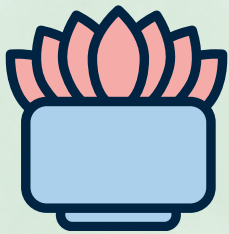
**Middle and High School students, along with a parent/guardian, can prepare for a successful and low stress school year by learning the following:**

**Relaxation Techniques**

**Body Scan**

**Breathing Exercises**

**Signs & Symptoms of Stress**



## Class Details:

**Date:** Tuesday, August 12, 2025

**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](mailto:vaughans@ccso.us)

Teen Court Classes are provided for the enrichment and educational benefit of the youth in our community and are offered at no cost to participants. Any youth attending these classes must be accompanied by a parent or guardian.