



Class hosted by
Teen Court & Michelle Gordon
with Omm Works



MOTHER DAUGHTER CLASS

Relieve stress and create success!

Come join us in a safe, fun, all-inclusive environment!

Breathing
Techniques

Movement

Meditation

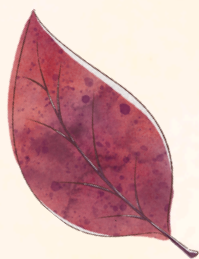
Yoga

Positive
Self-Image

**Kick off the season with a special mother–daughter experience
filled with laughter, connection, and inspiration!**
**Together, you'll enjoy quality time while discovering how to follow your
instincts and act with purpose—on purpose, and for a positive purpose.**

Class Details:

Date: Tuesday, November 04, 2025
Time: 6:00pm-7:15pm
Location: CCSO Headquarters Building
6915 Crain Highway, La Plata, MD 20646



To Register Contact: Sarah Vaughan, Teen Court Coordinator
301-609-3916 or 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.