



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

Meditation

Yoga

Movement

Positive
Self-Image

Start the new year strong with a Mother-Daughter class centered on movement, meditation, and building a positive self-image. Celebrate expression in all its forms, from style and art to the meaningful ways we communicate with one another.

Class Details:

Date: Tuesday, January 20, 2026

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.