



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

Escape the end of school year hustle for a space of connection and calm. Join us to learn stress-relief techniques and tap into your true potential. We believe everyone has unique gifts and deserves to feel successful. Come celebrate your strengths, share your light, and Be OmmAzing!

## Class Details:

**Date:** Tuesday, May 19, 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](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.