



Class hosted by
Teen Court & Michelle Gordon
with Omm Works



MOTHER DAUGHTER CLASS

Empathy - Connection - Potential
Let's grow together!

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

- Breathing Techniques
- Meditation
- Yoga
- Movement
- Positive Self-Image

Ready to trade stress for sunshine? Join us for an uplifting session designed to help you recharge, refocus, and step into your full potential this season.

Class Details:

Date: Tuesday, June 09, 2026
Time: 6:00pm-7:15pm
Location: CCSO District 3 Station
 3670 Leonardtown Rd., Waldorf, MD 20601

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.