



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 make this your best school year yet?
Join us to learn how to set and achieve powerful goals, then get hands-on and create your very own Dream Box—a personal visual keepsake to store your goals and daily inspirations.

Class Details:

Date: Tuesday, September 29, 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.