



Series hosted by
Teen Court & Michelle Gordon
with **Omm Works**



Mother Daughter Series

An **eight** session series for mothers (step-mothers, foster moms, grandmothers, aunts, sisters) and daughters.

- Experience the many benefits of mediation, movement, and simple breathing techniques to relieve stress and create success —all in a safe, fun, and all-inclusive environment!

Session 6: Be Expressive

Expression comes in many forms; such as style & art, but also in how we communicate with each other!

Session Details:

Starts: Tuesday, July 30, 2024
Time: 6:00pm-7:15pm
Location: CCSO Headquarters Building
 6915 Crain Highway, La Plata, MD 20646

- Upcoming:
- Session 7: Be Purposeful
- Session 8: Be OmmAzing!

You do not need to have participated in prior sessions to attend this one!

Class is FREE for youth still enrolled in school and their accompanying adult

Classes for Charles County residents

To register contact:
Sarah Vaughan, Teen Court Coordinator
 301-609-3916 or vaughans@ccso.us