

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

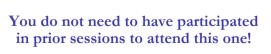
Location: CCSO Headquarters Building

6915 Crain Highway, La Plata, MD 20646



Session 7: Be Purposeful

Session 8: Be OmmAzing!



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

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

Classes for Charles County residents