



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



# Mother Daughter Series

An **eight** session series is 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 7: Be Purposeful

**Follow your instincts and act with purpose, on purpose, and for a positive purpose!**



**Next Session:**

Session 8 -  
 Be OmmAzing!

### Session Details:

**Starts:** Monday, August 26, 2024

**Time:** 6:00pm-7:15pm

**Location:** CCSO Headquarters Building  
 6915 Crain Highway, La Plata, MD 20646

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](mailto:vaughans@ccso.us)