



Series hosted by
Teen Court & Michelle Gordon
with Omm Works



Mother Daughter Series

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 8: Be OmmAzing!

Everyone has unique gifts and everyone can feel successful!!
Be yourself, share your gifts with the world and Be OmmAzing!!

Session Details:

Starts: Tuesday, September 17, 2024
Time: 6:00pm-7:15pm
Location: CCSO Headquarters Building
6915 Crain Highway La Plata, MD 20646

Last Session
in this year's
Series!

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

Limited seating
is available!

**Class for Charles
County residents**