



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



# MOTHER DAUGHTER SERIES

Mothers, step-mothers, foster moms, grandmothers, aunts, and sisters can join us in a safe, fun, all-inclusive environment with the young lady in their life!

The series kicks off with an overview of how we can connect with one another through the benefits of meditation, movement, and breathing techniques while building a positive self-image!



## Session Information:

**Date:** Tuesday, February 18, 2025  
**Time:** 6:00pm-7:15pm  
**Location:** CCSO Headquarters Building  
6915 Crain Highway, La Plata, MD 20646

**To Register Contact:**

Sarah Vaughan, Teen Court Coordinator  
301-609-3916 or [vaughans@ccso.us](mailto: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.