



Class hosted by
Teen Court & Michelle Gordon
with Omm Works



MOTHER DAUGHTER SERIES

Come join us in a safe, fun, all-inclusive environment!

This session's focus: Be Fearless
Learn to Fear-Less and trust more!
Focus on being grounded, supported and safe.

Experience the benefits of:

Positive Self-Image

Dance

Movement

Yoga

Meditation

Breathing Techniques



Session Information:

Date: Tuesday, March 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

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.