



# Charles County Sheriff's Office Teen Court

## Classes offered for:

### **Parents/Guardians/Educators**

**Emotional Wellness** - Learn about the importance of finding joy in each day, focusing on gratitude, and how to reduce your stress. Also features current programs and events with local the Parks & Recreation for outdoor options to live a healthier life.

**Local Care Team** - The interagency team provides information and resources for caregivers and parents dealing with multiple agencies for their youth.

**Self-Care** - Aimed to help parents and caregivers balancing family, work, and more. Covers the basics of stress management, self-care, nutrition, and the importance of exercise.

**Victim Services** - A Victim/Witness Service Coordinator will go over how to identify trauma responses, resources for victims of crimes, and more.

### **Parents & Youths**

**Healthy Relationships** - Discusses the warning signs of an abusive relationship and the cycle of dating violence. (Target youth Middle & High School)

**Importance of Good Communication Skills** - Interactive session that uses role play to improve communication skills. (Target youth Middle & High School)

**Mother Daughter Event** - Focuses on stress relief; on self-management of emotions; on breathing techniques; and on movement and connecting to themselves and their potential. (Target youth Middle & High School)

**If you would like to work with Teen Court on an event  
or would like more information on the events above contact:**

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