

HC DrugFree Updates – Friday, 2/11/22

1. FREE Parenting Classes: HC DrugFree is pleased to present another series of this popular parenting class for Howard County parents, guardians, and grandparents starting March 30. This program will meet via Zoom for 5 classes (March 30, April 6, 27, & May 4, 11) from 10:30 a.m. to noon. Adults should plan to attend all 5 sessions. Topics include How to Prevent Drug Use in Your Family, How to Develop Healthy Beliefs and Clear Standards, Avoiding Trouble: How to Say No to Drugs, Managing Conflict: How to Control and Express Your Anger Constructively, and How to Strengthening Family Bonds. The class is free, but registration is required: <https://www.surveymonkey.com/r/ParentingClassReg> For more information: Email Parenting@HCDrugFree.org, visit www.hcdrugfree.org or view [downloadable flyer](#)

2. FREE Life Skills Classes for Students: HC DrugFree is providing a highly interactive skills-based program designed to promote positive health and personal development for youth in grades 6-9. For slightly younger or older students, please register and we will consider each request. We encourage siblings and friends to take these classes together! These skills have been shown to help students resist substance use, violence, and other high-risk behaviors. Our instructional team consists of dedicated adults and older students sharing situations they may face in high school, college, and beyond. The next series of classes will be held via Zoom Tuesdays and Thursdays May 10, 12, 17, 19, 24, 26, 31 and June 2 from 4:30 p.m. to 6:00 p.m. Registration is required. Please [sign-up](#) ASAP as space is extremely limited! For more information: Email LifeSkills@hcdrugfree.org, visit www.hcdrugfree.org or view [downloadable flier](#)

3. Parents: If you are interested in learning more about what is happening in Howard County, the many free resources HC DrugFree and other organizations offer, or how your student can volunteer as they learn skills and receive more community service hours, then sign up for our free newsletter to get updates on events as well as information to keep your family safe and informed. Go to the bottom of our homepage at www.hcdrugfree.org

4. Medication and Sharps Drive-thru Collection: HC DrugFree's next drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection will be held on Saturday, April 30 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot in Columbia. Medication will be guarded and transported by the Howard County Police and the DEA. For more information visit www.hcdrugfree.org or email Admin@hcdrugfree.org