



# Guiding Good Choices®

## 4 Sessions:

How to Prevent Drug Use in Your Family

How to Develop Healthy Beliefs and Clear Standards while Strengthening Family Bonds

Avoiding Trouble: How to Say No to Drugs

Managing Conflict: How to Control and Express Your Anger Constructively

**FREE, but you must register.**

Classes are offered by the **Howard County State's Attorney's Office** and **HC DrugFree** in partnership with the **Howard County Health Department**.

## Free Online Parenting Classes

*November & December 2021*

Guiding Good Choices® is an evidence-based, interactive prevention program that provides families with the skills and knowledge to reduce the risk that their children will use drugs and alcohol or engage in other dangerous behaviors.

This series of four **Zoom** classes is for **parents/guardians** of 9-14 year olds. If your child isn't 9-14, please register and HC DrugFree will contact you. Parent/guardian or child must live in Howard County.

**Class Dates:** Tuesdays, November 9, 16, December 7, 14 (Adults are expected to **attend all 4 sessions** and children 9-14 are encouraged to attend session 3.)

**Time:** 6:30 p.m. – 8:00 p.m.

**Register at:**

<https://www.surveymonkey.com/r/HCDrugFreeFall2021>

**For more information:** Contact Joan Webb Scornaienchi, Executive Director, HC DrugFree at [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org)

Go to [www.hcdrugfree.org](http://www.hcdrugfree.org) to sign-up to receive a free electronic newsletter with current and future class updates and educational information for adults and students.

**HCDrugFree**  
Empowering the Community