

Happy New Year from HC DrugFree



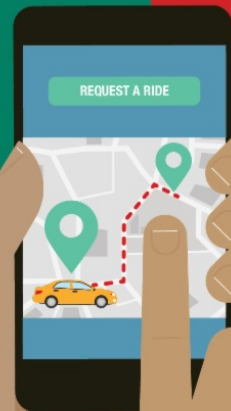
“The New Year stands before us, like a chapter in a book, waiting to be written.” - Melody Beattie

Welcoming In 2022

plans include
these?



plan one
of these.



be the
driver
who saves lives

Stay Home and Experience JOMO

For many reasons, some of us will not ring in the new year surrounded by friends or family. Instead, we will celebrate by experiencing the Joy of Missing Out (JOMO): Feeling content with staying in and disconnecting as a form of self-care.

Whether alone this evening or with others, HC DrugFree's team wishes you a healthy and happy new year. We're entering 2022 together, and together, we can handle whatever is ahead.

New Year's Resolutions

When creating resolutions, ask yourself:

- How do you want to feel? Will this resolution get you closer to that?
- What energy do you want to create? Will this resolution give you that type of energy?
- Are you operating from a place of restriction or abundance? Does this resolution involve taking away things you like?
- Would you recommend this resolution to your younger sibling or best friend?
- How will this resolution impact you five, 10, or 15 years from now?

Mail Your 2021 Check...or Go Online Today

As a Howard County nonprofit, HC DrugFree depends upon your generosity to support our education and prevention services that help keep our community safe.

Please become a Friend or Sponsor of HC DrugFree by making [atax](#)

[deductible](#) donation today.



Next Medication and Sharps Drive-Thru Collection

Our next drive-thru medication and sharps collection is tentatively scheduled for April 2022.

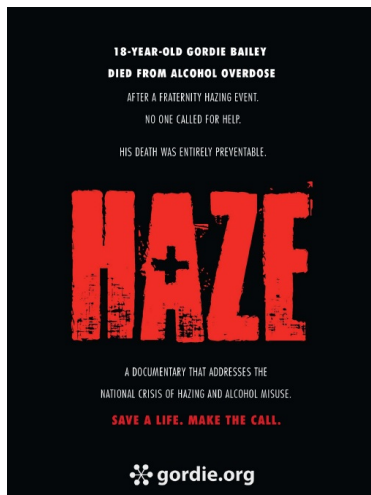
Howard County Teens Invited to Join

HC DrugFree's Teen Advisory Council (TAC) is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! [Click here](#) to access the registration form. Community service hours available. Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Be Sure Your Friends KNOW

Friends keep friends informed! This newsletter and social media remain the best ways for HC DrugFree to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County safe and informed. Invite a friend to [subscribe to our newsletter](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

Community Education Opportunity



Available in 2022: HAZE

When presented, this program was so well-received and we heard such positive feedback, HC DrugFree has decided to offer the opportunity to Howard County PTAs/PTSAs and other community groups.

If you or your group are interested in hosting a virtual Haze event in 2022, please email admin@hcdrugfree.org.

Again, Thank You for Your Year-End Generosity



We need YOUR financial support to continue offering FREE services.

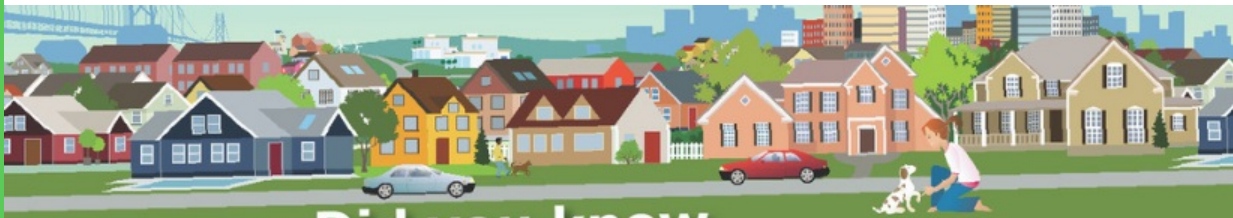
Donate



Additional Resources

**Mental Health Crisis? Thoughts of Suicide?
Problems with Drugs or Alcohol?**

Get Confidential Support from Maryland's HELPLINE.
CALL 211, then press 1. TEXT your zip code to TXT-211 (898-211). VISIT 211md.org to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal services, and more.



Did you know...
NYL FENTANYL FE
is a crisis in our communities?

Reverse An Opioid Overdose

Contact the Howard County Health Department for free Narcan kits. [Click here](#) for more information.

For more information, contact

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