

# FREE! Online Parenting Classes

for Howard County Families

February & March 2022

## Guiding Good Choices®

### 5 Sessions:

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

How to Strengthening Family Bonds

Registration required.

Classes are offered by **HC DrugFree** in partnership with the **Howard County Health Department**.

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 five **Zoom** classes is for **parents/guardians** of 9-14 year olds. If your child isn't 9-14 or you are a Howard County **grandparent**, please register and HC DrugFree will contact you. Parents/guardians or child must live in Howard County.

**Class Dates:** Wednesdays, February 2, 9, 16, 23 and March 2 (Adults are expected to attend all 5 sessions.)

**Time:** 10:30 a.m. to Noon

**Register at:** [www.surveymonkey.com/r/GGCFebMar2022](http://www.surveymonkey.com/r/GGCFebMar2022)

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.

**For more information:** Email [Parenting@HCDrugFree.org](mailto:Parenting@HCDrugFree.org)

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**HCDrugFree**  
Empowering the Community