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HC DrugFree is keeping Howard County *In the KNOW!!!*

TODAY!

NIDA Scientists Are Waiting for Your Questions (Use Howard County's "Secret" Code: 59162)

The National Institute on Drug Abuse (NIDA) is offering their annual Chat Day today, Thursday, January 24 from 8:00 a.m. to 6:00 p.m.

Howard County **teens** may login at <https://www.nidachat.org>, create a user name, and submit their drug/alcohol questions to NIDA's panel of scientific experts. In real-time, an expert will reply. Teens must use Howard County's "secret" code: **59162**

Let's try to pass Howard County's one-day record of 869 questions submitted.

Registration Open: Howard County's 2019 Evidence-Based Parenting Classes

Howard County parents/guardians of 9 to 14 year olds are invited to join HC DrugFree and the Howard County State's Attorney's Office for our next *Guiding Good Choices* parenting 4-week program.

Participants will learn the skills to reduced the risk that their children will use drugs. After completing the program, families will be able to: **influence** their children to help prevent drug use and other risky behaviors; **develop** clear family guidelines and expectations about drug use; and **teach** children how to stay out of trouble, keep their friends and still have a good time.

Classes will be held on Tuesdays, **March 5, 12, 19 and 26**. Adults are expected to attend all 4 sessions. Unless otherwise notified, all meetings will be held at the Elkridge Branch of the Howard County Library from 5:30 p.m. to 8:00 p.m.

More information will be shared in future newsletters, but the flier and updated information can be found on HC DrugFree's website at <http://www.hcdrugfree.org/events/>. Registration is now open.

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