

FREE! Online Parenting Classes

*for Howard County Families
November-December 2025*

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: November 11, 13, 18, 20 and December 2. (Adults are expected to attend all 5 sessions.)

Time: 12:00 p.m. to 1:30 p.m.

Register at: <https://tinyurl.com/GGC-Fall2025>

Go to 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

HCDrugFree
Empowering the Community