

FREE PARENTING CLASS



Taking HoCo Families to the Next Level

Guiding Good Choices® is an evidence-based, interactive prevention program that helps you build a stronger bond with your child, while also providing skills proven to reduce the risk of children engaging in substance use or other risky behaviors. Learn how to:

- Prevent Drug Use in Your Family
- Develop Healthy Beliefs and Clear Standards
- Avoid Trouble and Respond to Peer Pressure
- Manage Conflict and Express Feelings Constructively
- Strengthen Family Bonds
- And More!

This series of five Zoom classes is for **parents, guardians, and grandparents** of 9-14 year olds, but will consider slightly older or younger children on a case by case basis. Adult **or** child must be a Howard County resident.

Class Dates: Thursdays, November 2, 9, 16, 30, & December 7.

(Participants are encouraged to attend all 5 sessions.)

Time: 12 p.m. - 1:30 p.m.

Register: tinyurl.com/HoCoParentsFall2023

Learn more: hcdrugfree.org/currentevents



HCDrugFree
Empowering the Community