

# How Much is Too Much?

Finding a Balance between  
Academic Performance and  
Student Well-Being

**HCDrugFree**  
Empowering the Community

Howard County  
**PTSA**  
Collaborative Parent Education Group

## Virtual Town Hall

**Monday, January 9 • 5:30 p.m. - 7 p.m.**

Join HC DrugFree and the Howard County PTSA Collaborative Parent Education Group for a virtual town hall for students in grades 8-12, and **parents, guardians, and grandparents of middle and high school students** to learn skills and strategies to help students better cope with academic pressure and stress. There will be a Q&A at the end of the presentation. Registration required.

Learn more: [HCDrugFree.org/currentevents](https://www.HCDrugFree.org/currentevents)



### Teen Advisory Council

Community service hours are available to students who are members of the Teen Advisory Council (TAC). To learn more, please visit HC DrugFree's website.

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