

HC DrugFree: Keeping Howard County *in the KNOW!*  
...knowledge is power, so just say KNOW

Coming together is as beginning;  
keeping together is progress;  
working together is success.

- Henry Ford

How Much is Too Much? Register Today!!!

## How Much is Too Much?

Finding a Balance between  
Academic Performance and  
Student Well-Being

Monday January 9 • 5:30 - 7 p.m.

HC DrugFree  
Empowering the Community

Is your child drowning in school work?  
Do you want to learn how to better  
support them?

Join us online on **Monday, January 9**  
**from 5:30 p.m. to 7:00 p.m.** as HC  
DrugFree and the Howard County  
PTSA Collaborative Parent Education  
Group host our next Virtual Town  
Hall, "How Much is Too  
Much? Finding the Balance between  
Academic Performance and Student  
Well-Being."

Students in grades 8-12, parents, and  
other significant adults in students'  
lives will 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 is required. [Register now](#)



Some stress can be motivating, but too much can be debilitating. So how do we help students learn how to effectively cope with academic pressure so they can be successful in all areas of their lives and prevent them from resorting to unhealthy coping strategies?

Community service hours are available for members of the Teen Advisory Council (TAC). [Learn more](#)

[Download printable flier](#)

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## Save the Date: Upcoming Events

- **January 9:** [Virtual Town Hall](#)
- **February 6:** [Teen Advisory Council meeting](#)
- **February 7 - March 28:** [Life Skills Classes](#) (Grades 6-9)
- **March 6:** [Teen Advisory Council meeting](#)

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## Life Skills



**Being a kid is fun until you hit an unexpected bump in the road.**

**Help your child learn how to navigate life's inevitable obstacles with our Free Life Skills Class.**

**HC DrugFree**  
Empowering the Community

HC DrugFree is providing another series of *FUN* and interactive skills-based classes designed to promote positive health and personal development for students entering **grades 6 to 9**. We encourage siblings and friends to take these classes together, so if you have slightly younger or older students, please let us know and we will consider them as well. Classes will be held **Tuesdays, February 7 - March 28** from via Zoom. [Learn more](#)

Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

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**Inside Sober Stadiums**



Drinking alcohol is often part of the equation for many people watching sporting events but for fans who don't want to drink, the NFL is rolling out more stadium sections to support people who want to remain sober. NBC's Sam Brock reports for TODAY. [Watch now](#)

## More Kids Are Accidentally Ingesting Cannabis

With the increase of adult edible cannabis consumption, more children are accidentally gaining access, ingesting gummies and treats that look like candy to them. [Read more](#)

## Medication Storage



Always store your medication up and out of sight, and if possible, secured in a lockbox. HC DrugFree periodically distributes lockboxes to our community free of charge, and we hope to have more available later this month. [Learn more about the benefits of utilizing a medication lockbox.](#)

## Teen Advisory Council

All Howard County students in **grades 8 through 12** are invited to join the HC DrugFree Teen Advisory Council (TAC.) Community service hours are available and TAC members receive information about additional volunteer opportunities throughout the year. [Learn more](#)

The next TAC meeting is **Monday, January 9** from **5:30 p.m. - 7 p.m.** during our virtual town hall. [Register now](#) If you have additional questions please email [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org)

## Your Donations Make a Difference

HC DrugFree relies on your donations. Your generosity helps us continue to offer the programs, resources, and events that help make Howard County a safer, wiser, and more connected community. [Make your tax-deductible donation today!](#)



## Follow and Like Us on Social Media

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **IN THE KNOW!**



## Additional Resources



**Thoughts of Suicide?**

**Mental Health Crisis?**

**Substance Use Crisis?**

**Call or Text  
988**

**HCDrugFree**  
Empowering the Community

**Reverse Opioid Overdose:** [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

For more information, contact

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**Donate**

