

Free Life Skills Class for HoCo Students

HoCo Kids: FREE Life Skills Classes

HC DrugFree is providing another series of FUN and interactive skills-based classes designed to promote positive health and personal development for students in grades 6 to 9. (Slightly older or younger students will be considered.) Taught by college students with assistance from high schoolers who act as mentors and role models, this innovative, evidence-based series will help your child avoid high risk behaviors AND keep their friends.

The curriculum is designed to strengthen student abilities in the following areas:

- Self-Image & Self-Improvement
- Social Skills
- Resolving Conflicts
- Coping with Uncomfortable Feelings
- Personal Self-Management Skills
- Evaluating Advertising & Entertainment
- Drug Resistance Skills
- And MUCH MORE!!!

Meeting via Zoom on Tuesdays 5 p.m. - 6:30 p.m.

January 16, 23, 30, February 6, 13, 20, 27 & March 5

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



HCDrugFree
Empowering the Community

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