



e-bulletin

FREE PROGRAMS FOR PARENTS AND TEENS

Teen2Teen: Alcohol, Drugs & All In Between **Wednesday, March 18, Hammond High School, 7 - 8:30 p.m.**

Speakers: Panel of Young Adults in Recovery

Teen2Teen is a panel of young adults sharing their experience with alcohol and other drugs. They will speak about their lives and methods of recovering from their addiction and then answer questions and discuss topics of interest to the audience. This will be a powerful program for parents and teens by teens that "have been there." This program - first held in October 2008 - is being repeated due to requests from parents and teens.

What Stress Does To Teens

Thursday, March 26, Centennial High School, 7 - 8:30 p.m.

Many of us live 'stressed out' lives. While some stress can motivate us and be helpful, too much of it may become harmful. This program will discuss what stress is and what it does for you, and to you. We'll also talk about academic stress and what its excess may lead to: family problems, sickness, depression and anxiety. Learning to cope with stress can help us fight against self-destructive behaviors such as drinking, drugs, eating disorders and other personal difficulties. This interactive and informative discussion about stress and how to cope with it will be led by Dr. David Gold and Larry Lynn, therapists with Crossroads Psychological Associates.

MythBusters: Dispelling Commonly Held Beliefs about Alcohol and Drugs in Your Community and Your School

Tuesday, March 31, Atholton High School, 7 - 8:30 p.m.

At this program, detectives from the Howard County Police Department involved in drug and alcohol enforcement and a private drug counselor (Mark Donovan, with Integrative Counseling) will dispel common myths such as "there's very little drug use at my school and in Howard County;" "there's no serious legal consequence for possession of a small amount of weed or for drinking at a party;" "Weed is not addictive - I only smoke on weekends;" and "my child wouldn't drink or use drugs - he/she is an honor student and an athlete." Myths about prescription drug use will also be addressed. This program will be highly interactive. Please come with your own ideas to discuss.

Programs are FREE and registration is not required.

March is "Teen Alcohol & Drug Abuse Awareness" Month in Howard County!

For more information, please contact HC DrugFree at # 443-325-0040.

E-mail: hcdrugfree@yahoo.com

For directions to programs, go to www.hcpss.org, click on "Schools".

HC DrugFree is a non-profit organization,
which must raise funds in order to continue to work.
Every donation helps. Thank you!

Please make your tax-deductible donation check payable to: HC DrugFree,
and mail to
HC DrugFree, 10451 Twin Rivers Rd., Ste. 404, Columbia, MD 21044

Or, to make a secure PayPal donation online, log onto www.hcdrugfree.org.
