

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

"You give but little when you give of your possessions.
It is when you give of yourself that you truly give."

—Kahlil Gibran

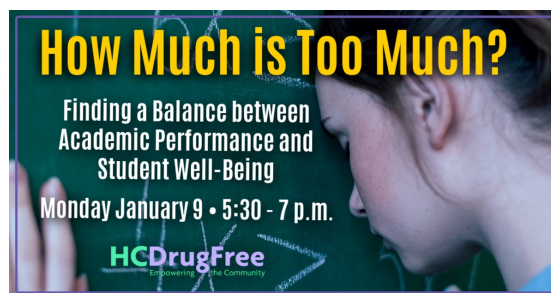


Save the Date: Upcoming Events

- 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](#)

Virtual Town Hall - Register Today!

Some stress can be motivating, but too much can be debilitating. Join us for a virtual town hall, “**How Much is Too Much? Finding the Balance between Academic Performance and Student Well-Being**” on Monday, January 9 from 5:30 p.m. to 7 p.m. Registration required. [Learn more](#)





The Maryland Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office is offering a \$10 [Lyft rideshare credit](#) each weekend to encourage more Marylanders to make safe transportation decisions during this holiday season. The next code will be available beginning on 12/21. To learn more, and claim your code, visit ZerodeathsMD.gov/Rideshare

Merrily Mind Your Meds

In the KNOW...

Medication Storage



Store medication out of reach and out of sight



Use child safety caps



Keep a medication inventory



Utilize a medication lockbox



Speak to family and guests about medication safety

This holiday season, whether you're traveling or hosting guests in your home, remember to keep your medications stored out of sight in a secure location. Keep an inventory of all the medications you have, including the name, appearance, and number of doses in case of intentional or unintentional tampering. There are a number of apps you can use to track your medication or you can use a [paper record](#). [Learn more](#)

You're Not Alone During the Holidays

Sending love to all who are:



GRIEVING A LOSS
DURING THE HOLIDAYS



FEELING LONELY



FACING FAMILY
TROUBLES



STUGGLING IN
SOME WAY



FEELING ANXIOUS



FEELING STRESSED
DURING THE HOLIDAYS



[If you're in crisis and need support, please call or text 988.](#)

Your Donations Make a Difference



'Tis the Season for end-of-year donations! HC DrugFree needs donations from people like you! 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 a difference with your dollars: [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!**



For more information, contact

Joan Webb Scornaienchi
Executive Director
HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, MD 21044
Admin@hcdrugfree.org
www.hcdrugfree.org

