

# Parent & Carer Power: Helping your young person to bounce back

Tips to help you support your young person  
when things don't quite go to plan



Delivered by  
Public Health  
Northamptonshire



Strategies to support  
your young person  
when they are finding  
it difficult to cope

Useful resources,  
where to go for help  
and how to deal with  
exam stress

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**6.00pm**



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