



HOW CAN YOU EMPOWER COÖS YOUTH?

Recommendations for Parents Fall 2015

- + Be thoughtful in how you communicate with your children about the future. You are an important influence on their beliefs and aspirations.
- + Many families in our region and across the country are struggling financially these days. When times are hard, continue fostering family bonds to cope with the challenge together, and seek family counseling if the strain becomes too much to handle on your own.
 - + Family Resource Center
 - + National Alliance of Mental Illness (NAMI NH)
 - + Tri-County Cap
- + Cultivate Coös County pride by getting involved in your community and encourage your children to get involved too.
- + Working as a family to develop routines and structure at home supports kids' success at school and beyond.

For more information on the Coos Youth Study visit...
carsey.unh.edu/policy/coos-youth-study