



Our vision is for every young person to have the tools and support they need to increase their resilience and thrive.

Impact Society is a non-profit organization that focuses on providing educational programs to increase the resilience and the well-being of young people. Since 1994, we have been developing curriculum resources for youth, educators, communities and families. Our belief is that building more resilient youth is the best way to impact society.

Heroes®, our signature program, is a proven method that helps youth of any background and risk level to develop the life skills and positive mental health required to navigate risk and to thrive in life.

Impact Society recognizes that it takes a network of people to provide the practical and emotional support needed for young teens, and you as a parent/caregiver, play a key role in their journey.

That is why we are offering you our Heroes @ Home program. Heroes @ Home is an experiential learning e-course for parents/caregivers, where you will receive tools to recognize your own personal strengths and understand how to use them to enhance the strengths and decision-making skills of your children.

A hero is someone who uses their gifts & abilities to make a positive change in themselves and others.

THE HEROES @ HOME PROCESS

By following the brain science of change (feelings/thoughts/behaviour/conviction), Heroes @ Home takes you on a journey that will not only build your confidence, character, and integrity - but will help you understand the importance of focusing on your children's strengths, rather than their negative behaviour or deficits.

STEP
01

Chapters 1-3
CONFIDENCE
(feelings)



Confidence increases when we strengthen our inner self through building our self-esteem, self-image and self-dignity.

STEP
02

Chapters 4-5
CHARACTER
(thoughts)



Positive choices are made based on who we are and not our circumstances; strengthening our character, increasing our resilience and our well-being.

STEP
03

Chapters 6-9
INTEGRITY
(behaviour)



Positive behaviour stems from our inner confidence and strong character.

STEP
04

Chapters 10a & b
PURPOSE
(conviction)



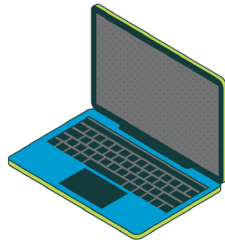
Living with confidence, character and integrity provides the ability to live with purpose, resulting in a positive impact on the world around us.

HEROES @ HOME AT A GLANCE:

PARENTS & CAREGIVERS



ONLINE SESSIONS



12 SESSIONS AT YOUR OWN PACE



\$45*



*Program is subsidized if you have a child participating in Heroes within their classroom.

PROGRAM MATERIALS INCLUDE:

- Delivered via the Heroes Hub, our online platform.
- Instructional videos and other supporting resources.
- Tools that help you grow as an individual.
- Tools that help you grow as a parent.
- Practical application exercises that will help put into practice what you learned in the session.

GET STARTED!

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All of the content is so relevant today. You stressed the importance of parents being available for their children and not being distracted. Children need a positive role model. They need to know that they are safe and loved. If not, they will feel abandoned and will search for love in other places and most of the time it is negative / harmful.

–Heroes @ Home Participant



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